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# **Food Buying Guide**

*for TYPE A School Lunches*

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## CONTENTS

	Page
The Type A Pattern.....	2
Food Buying Guide for Type A Lunches.....	3
Measures and Equivalents Useful in Determining Food Quantities:	
How To Use Additional Yield Information in Column 6.....	4
Abbreviations and Common Food Measures.....	5
Measures for Portion Control.....	5
Common Can and Jar Sizes.....	6
Ounce Equivalents in Decimal Parts of One Pound.....	7
How To Calculate the Quantity of Food Needed.....	8
Food Buying Guide	
Bread, Butter, Milk.....	11
Protein-Rich Foods:	
Cheese.....	15
Dry Beans and Peas.....	16
Eggs.....	17
Meat, Poultry, Fish.....	18
Peanut Butter.....	32
Vegetables, Fruits.....	35
Other Foods.....	69
Index of Foods.....	73

## THE TYPE A PATTERN

THE TYPE A LUNCH PATTERN is your guide to well-balanced lunches. It is designed to help in planning lunches that supply the kind and amount of foods children need. To meet the requirements of the National School Lunch Program, *the Type A lunch must contain as a minimum:*

### WHOLE MILK

½ pint fluid whole milk served as a beverage.

### PROTEIN-RICH FOODS

2 ounces (edible portion as served) of lean meat, poultry, or fish; or

2 ounces of cheese; or

1 egg; or

½ cup of cooked dry beans or peas; or

4 tablespoons of peanut butter; or

An equivalent quantity of any combination of the above listed foods.

To be counted in meeting this requirement, these foods must be served in a main dish or in a main dish and one other menu item.

### VEGETABLES AND FRUITS

A ¾-cup serving consisting of 2 or more vegetables or fruits or both, in raw or cooked form. A serving (¼ cup or more) of full-strength vegetable or fruit juice may be counted to meet not more than ¼ cup of this requirement.

Since studies show that vitamin A and vitamin C are frequently short in children's diets, special attention should be given to foods containing these vitamins. It is important to include: a vitamin C-rich vegetable or fruit in the lunch every day, and a vitamin A-rich vegetable or fruit twice a week. For a listing of these foods see PA-264, Planning Type A School Lunches.

### BREAD

1 slice of whole-grain or enriched bread; or a serving of other bread such as cornbread, biscuits, rolls, muffins, made of whole-grain or enriched meal or flour.

### BUTTER OR FORTIFIED MARGARINE

2 teaspoons of butter or fortified margarine.

This may be used as a spread on bread, as a seasoning, or in the preparation of other foods in the lunch.

The five food groups of the pattern listed above form the foundation of the lunch. When these foods are used in the amounts specified and in combination with OTHER FOODS needed to satisfy the appetite, the lunches served will generally meet one-third of the daily dietary allowances recommended by the National Research Council for 10- to 12-year old children.

To meet the nutritional needs of teenagers (particularly boys) it is important to serve larger portions or seconds of protein-rich main dish items and other foods in the lunch.

Since younger children in the elementary grades are not always able to eat the full Type A lunch, the regulations permit serving lesser amounts of three components in the lunch—Protein-Rich Food, Vegetables and Fruits, and Butter or Margarine—provided that such allowances are based on the lesser food needs of these children.



# FOOD BUYING GUIDE FOR TYPE A SCHOOL LUNCHES

This Food Buying Guide provides information for planning and calculating the quantities of food to be purchased and used by schools serving Type A lunches in the National School Lunch Program.

Daily use and careful application of the information in this buying guide by school lunch personnel and purchasing agents will insure:

- Economical menu planning and food purchasing.
- Adequate amounts of various foods to prepare Type A lunches for the number of children to be served.

Foods in this guide are classified according to the Type A lunch requirements of the National School Lunch Program (see opposite page). Also included is a section on *other foods* used in the preparation of lunches. Foods are listed in sections as follows:

- Bread—Butter—Milk
- Protein-Rich Foods
- Vegetables, Fruits
- Other Foods

The information in this Food Buying Guide is presented in table form for easy reference. It is listed in columns 1 through 6 as follows:

**Column 1—Food as Purchased:** Within each of the above sections individual foods are arranged alphabetically under major food headings. The foods are listed according to the form in which they are obtained on the market—fresh, canned, frozen, dehydrated.

**Column 2—Purchase Unit:** The unit of purchase specified for most foods in this guide is one pound, which may be used to determine the yield of any size purchase unit on the market. For processed foods, the purchase units are given in the most common institution and household size packs.

**Column 3—Servings per Purchase Unit:** This column shows the number of servings expected from a purchase unit. The number of servings per purchase unit are average figures based on yields obtained from many laboratory and food service units. Only foods of good quality prepared by

methods that result in a minimum of waste were used to determine these yields. To permit accurate determinations of the amounts of food to buy and accurate evaluation of recipes, the number of servings per purchase unit is presented in two decimal places.

**Column 4—Serving Size or Portion:** The serving size or portion is given as a weight, measure or number of pieces or slices. For such items as a raw apple or a piece of cooked chicken, the approximate yield in measure or weight is given in parentheses. The serving size or portion given in this column for foods specified in the Type A pattern will either meet the Type A requirement or can be credited toward it.

**Column 5—Purchase Units for 100 Servings:** This column shows the number of purchase units in column 2 needed for 100 servings or portions of the size specified in column 4. The number of purchase units for 100 servings was determined by dividing 100 by the number of servings per purchase unit in column 3. To assure 100 servings, the numbers in this column (column 5) were raised to the next quarter fraction.

**Column 6—Additional Yield Information:** This column shows the quantity of ready-to-cook or cooked food obtained from a pound of food as purchased. It also gives the number of cups of drained fruit from a No. 10 can and other information useful in food preparation. See example on page 4, "How to Use Additional Yield Information in Column 6."

## MEASURES AND EQUIVALENTS USEFUL IN DETERMINING FOOD QUANTITIES

This section gives information that is helpful in using and interpreting the yield data in this food buying guide. The information is given under the following headings:

A. How to Use Additional Yield Information in Column 6.

B. Abbreviations and Common Food Measures.

C. Measures for Portion Control.

The most dependable method to use in measuring serving sizes or portions is to serve the food with scoops, ladles, and spoons of standard size, as indicated in this section.

D. Common Can and Jar Sizes.

E. Ounce Equivalents in Decimal Parts of One Pound.

This section may be used to determine the number of servings for can sizes not shown in this guide. Copy from the label the net weight of the can. For example, a No. 2-1/2 can of apples weighs 1 lb. 10 oz. Refer to E. Ounce Equivalents in Decimal Parts of One Pound, which shows that 10 oz.=.625 lb. Therefore, 1 lb. 10 oz.=1.625 lb. This number  $1.625 \times 4.19$  (number of 1/2 cup servings per pound of canned apples, page 35)=6.81, number of 1/2 cup servings from a No. 2-1/2 can of apples.

### A. HOW TO USE ADDITIONAL YIELD INFORMATION IN COLUMN 6

The yield information in Column 6 may be used to determine the quantity of food required for a specified amount of ready-to-cook or cooked foods listed in a recipe.

Assume that a recipe for scalloped potatoes calls for 25 pounds of raw, pared potatoes. To determine the quantity of fresh potatoes needed, proceed as follows:

- Refer to yield information on fresh potatoes (page 55, column 6) which shows that 1 lb. AP=0.81 lb. pared ready-to-cook potatoes.
- Divide the number of pounds (25) of raw, pared potatoes listed in recipe by the quantity of pared ready-to-cook potatoes obtained from 1 lb. as purchased, or 0.81 lb.:

$$25.00 \text{ lb.} \div 0.81 \text{ lb.} = 30.86 \text{ or } 31 \text{ pounds.}$$

- Thus, 31 pounds of fresh potatoes of good quality are needed to prepare the scalloped potato recipe.



## B. ABBREVIATIONS

AP.....	as purchased
EP.....	edible portion
Cyl.....	cylinder
tsp.....	teaspoon
tbsp.....	tablespoon
lb.....	pound
c.....	cup
pt.....	pint
qt.....	quart
gal.....	gallon
oz.....	ounce
fl. oz.....	fluid ounce
No.....	number
wt.....	weight
incl.....	including
excl.....	excluding

## COMMON FOOD MEASURES

3 teaspoons.....	1 tablespoon
2 tablespoons.....	1/8 cup or 1 fluid ounce
4 tablespoons.....	1/4 cup
8 tablespoons.....	1/2 cup
12 tablespoons.....	3/4 cup
16 tablespoons.....	1 cup
2 cups.....	1 pint
2 pints.....	1 quart
4 quarts.....	1 gallon
8 quarts.....	1 peck
4 pecks.....	1 bushel

## C. MEASURES FOR PORTION CONTROL

The most dependable method to use in measuring serving sizes or portions is to serve the food with dippers or scoops, ladles, and spoons of standard sizes.

### DIPPERS OR SCOOPS

The number of the scoop indicates the number of scoopfuls it takes to make 1 quart. The following table shows the level measures of each scoop in cups or tablespoons:

<i>Dipper or scoop No.</i>	<i>Level measure</i>
6.....	2/3 cup
8.....	1/2 cup
10.....	2/5 cup
12.....	1/3 cup
16.....	1/4 cup
20.....	3-1/5 tablespoons
24.....	2-2/3 tablespoons
30.....	2-1/5 tablespoons
40.....	1-3/5 tablespoons

Scoops may be used for portioning such items as drop cookies, muffins, meat patties, and some vegetables and salads.

### LADLES

Ladles may be used in serving soups, stews, creamed dishes, sauces, gravies, and other similar products.

The following sizes of ladles are most frequently used for serving school lunches:

1/4 cup  
1/2 cup  
3/4 cup  
1 cup

### SERVING SPOONS

A serving spoon (solid or perforated) may be used instead of a scoop. Since these spoons are not identified by number, it is necessary to measure or weigh the quantity of food from sizes of spoons used to obtain the approximate serving size desired (USDA Recipe Card File, PA-271).

## D. COMMON CAN AND JAR SIZES

The labels of cans or jars of identical size may show a net weight for one product that differs slightly from the net weight on the label of another product, due to the density of the food. An example would be lima beans (1 lb.), and blueberries (14 oz.), in the same size can.

CONTAINER				PRINCIPAL PRODUCTS
Can Size (Industry term)	CONSUMER DESCRIPTION			
	Average Net Weight or Fluid Measure per Can (Check label)	Average Cups per Can	Cans per Case	
	(2)	(3)	(4)	
(1)	(2)	(3)	(4)	(5)
No. 10-----	6 lb. 8 oz. (104 oz.) to 7 lb. 5 oz. (117 oz.)	<i>Number</i> 12-13	<i>Number</i> 6	Institution size—fruits, vegetables and some other foods.
No. 3 Cyl. or 46 fl. oz.	3 lb. 3 oz. (51 oz.) or 1 qt. 14 fl. oz. (46 fl. oz.)	5-3/4	12	Economy family size—fruit and vegetable juices. Institution size— condensed soups, some vegetables and meat and poultry products.
No. 2-1/2-----	1 lb. 13 oz. (29 oz.)-----	3-1/2	24	Family size—fruits and some vegetables.
No. 2-----	1 lb. 4 oz. (20 oz.) or 1 pt. 2 fl. oz. (18 fl. oz.)	2-1/2	24	Family size—juices, ready-to-serve soups and some fruits.
No. 303-----	16 to 17 oz-----	2	24	Small cans—fruits, vegetables, some meat and poultry products and ready-to-serve soups.
No. 300-----	14 to 16 oz-----	1-3/4	24	
No. 1 Picnic-----	10-1/2 to 12 oz-----	1-1/4	48	Small cans—condensed soups, some fruits, vegetables, meat and fish.
8 oz-----	8 oz-----	1	48 or 72	Small cans—ready-to-serve soups, fruits, and vegetables.

Meats, Fish and Seafoods are known and sold by weight of contents of can.

# **E. OUNCE EQUIVALENTS IN DECIMAL PARTS OF ONE POUND**

Number of ounces (1)	+ 0 ounces (2)	+ 1/4 ounce (3)	+ 1/2 ounce (4)	+ 3/4 ounce (5)
	<i>Pound</i>	<i>Pound</i>	<i>Pound</i>	<i>Pound</i>
0 -----		0. 016	0. 031	0. 047
1 -----	0. 062	. 078	. 094	. 109
2 -----	. 125	. 141	. 156	. 172
3 -----	. 188	. 203	. 219	. 234
4 -----	. 250	. 266	. 281	. 297
5 -----	. 312	. 328	. 344	. 359
6 -----	. 375	. 391	. 406	. 422
7 -----	. 438	. 453	. 469	. 484
8 -----	. 500	. 516	. 531	. 547
9 -----	. 562	. 578	. 594	. 609
10 -----	. 625	. 641	. 656	. 672
11 -----	. 688	. 703	. 719	. 734
12 -----	. 750	. 766	. 781	. 797
13 -----	. 812	. 828	. 844	. 859
14 -----	. 875	. 891	. 906	. 922
15 -----	. 938	. 953	. 969	. 984

To convert 10-1/2 ounces to a decimal part of a pound, find 10 in column 1, then follow this line across to column 4, which shows that .656 pounds corresponds to 10-1/2 ounces.

To convert a decimal part of a pound such as .531 to ounces, find .531 in the decimal pound readings—then refer to column 1 on the same line and find 8, the number of whole ounces. At the top of the column in which .531 is located, the +1/2 ounce should be added to the 8 ounces. Thus .531 pounds corresponds to 8-1/2 ounces.

## HOW TO CALCULATE THE QUANTITY OF FOOD NEEDED

### METHOD 1. (Use column 5)

The purchase units for 100 servings in column 5 may be used to determine the amount needed to prepare a specified number of servings.

Assume that hamburgers (2 ounces cooked meat) are being served to 325 children. To determine the quantity of fresh ground beef needed, proceed as follows:

- Refer to yield information on fresh ground beef (page 18, column 5) which shows that 17-1/2 or 17.50 pounds are needed for 100 2-ounce servings of cooked meat.
- Multiply the number of pounds (17.50) of ground beef needed for 100 servings by the number of hundreds of servings needed—3.25 ( $325 \div 100 = 3.25$ ):

$$17.50 \text{ pounds} \times 3.25 = 56.88 \text{ or } 57 \text{ pounds.}$$

### METHOD 2. (Use column 3)

The number of servings per purchase unit in column 3 may also be used to determine the amount of food needed for a specified number of servings.

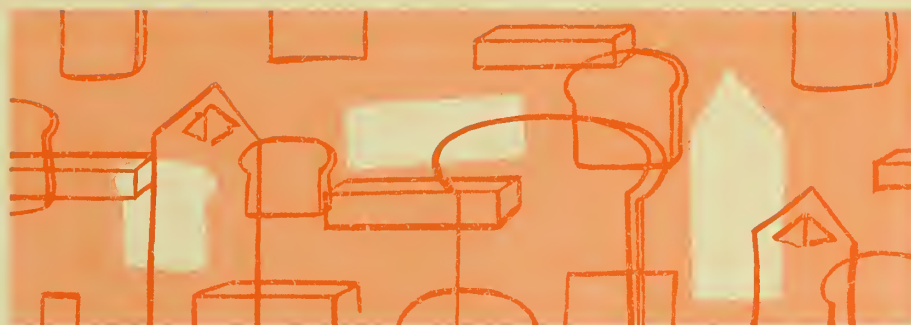
Assume that hamburgers (2 ounces cooked meat) are being served to 325 children. To determine the quantity of ground beef needed, proceed as follows:

- Refer to yield information on fresh ground beef (page 18, column 3) which shows that 5.76 2-ounce servings of cooked meat can be obtained from one pound of ground beef.
- Divide the number of servings needed (325) by the number of servings obtained from one pound (5.76):

$$325 \div 5.76 = 56.42 \text{ or } 56\text{--}1/2 \text{ pounds.}$$

Thus, by either method of calculation about 57 pounds of fresh ground beef of good quality is needed to provide 325 servings of hamburger.





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**Bread • Butter • Milk**



## BREAD, BUTTER, MILK

This section includes yield information on three components of the Type A lunch—Bread, Butter or Fortified Margarine, and Fluid Whole Milk.

The section on breads includes yield information on common types of bakery breads that can be purchased sliced on the market. The size and shape of loaves and the thickness and number of slices per loaf will vary among bakers and localities.

Hand-made, hand-shaped breads such as the French and Vienna varieties differ greatly in length and width; therefore, the average number of slices per loaf could not be determined. A serving of such breads should be comparable in amount to regular sliced bread.

All breads—commercially baked and school baked breads such as cornbread, biscuits, rolls, muffins—must be made of whole-grain or enriched meal or flour to meet the bread requirement of the Type A lunch.

## BREAD, BUTTER, MILK

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BREADS</b>					
RAISIN	1-lb. loaf	18	1 slice	5-3/4	
	2-lb. loaf	36	1 slice	3	
RYE	1-lb. loaf	23	1 slice	4-1/2	
	1-1/2-lb. loaf	28	1 slice	3-3/4	
	2-lb. loaf	33	1 slice	3-1/4	
WHITE	1-lb. loaf	16	1 slice	6-1/4	
	1-1/4-lb. loaf	19	1 slice	5-1/2	
	1-1/2-lb. loaf	24	1 slice	4-1/4	
	2-lb. sandwich loaf.	28	1 slice (1/2 inch thick)	3-3/4	
		36	1 slice (3/8 inch thick)	3	
	3-lb. sandwich loaf.	44	1 slice (1/2 inch thick)	2-1/2	
		56	1 slice (3/8 inch thick)	2	
WHOLE WHEAT	1-lb. loaf	16	1 slice	6-1/4	
	2-lb. loaf	28	1 slice	3-3/4	
	3-lb. loaf	44	1 slice (1/2 inch thick)	2-1/2	
		56	1 slice (3/8 inch thick)	2	

NOTE: The number of slices per purchase unit does not include the end slices.

## BREAD, BUTTER, MILK

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>ROLLS</b>					
ROLLS OR BUNS.....	Dozen.....	12	1 roll or bun.....	8-1/2	
<b>BUTTER</b>					
BUTTER.....	Pound.....	48	2 teaspoons.....	2-1/4	1 lb. measures 2 cups.
MARGARINE, FORTIFIED.....	Pound.....	48	2 teaspoons.....	2-1/4	1 lb. measures 2 cups.
<b>MILK</b>					
FLUID WHOLE.....	Gallon.....	16	1/2 pint milk.....	6-1/4	
	Quart.....	4	1/2 pint milk.....	25	
	1/2 pint.....	1	1/2 pint milk.....	100	



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## **Protein-Rich Foods**

- *Cheese*
- *Dry Beans and Peas*
- *Eggs*
- *Meat, Poultry, Fish*
- *Peanut Butter*

## PROTEIN-RICH FOODS

The foods listed in this section have been grouped according to the protein-rich foods specified in the Type A Lunch Pattern: Cheese; Dry Beans and Peas; Eggs; Meat, Poultry, Fish; and Peanut Butter.

*Protein-Rich Food Information in This Revised Edition of the Guide Includes:*

- A wide variety of meat, poultry and fish items.
- Yield information on portions of fresh and frozen frying chicken, frozen minute steaks and frozen portions of fish. The cooked meat yield of the portion is given in parentheses.
- Yield information on such USDA-donated foods as dried eggs and canned and frozen meats not normally available on the market. These foods are listed as Special purchase. See definition below.
- Yields of commercially prepared combination foods—including canned and frozen meat and poultry products which will provide at least one ounce of cooked meat or poultry per average size serving; canned bean soup which contains  $\frac{1}{2}$  cup beans per cup of soup and canned pea soup which contains  $\frac{1}{4}$  cup peas per cup of soup.

*Servings of Cooked Meat and Poultry*

- A serving of cooked meat includes the lean meat and a small amount of edible fat as normally served.
- A serving of cooked chicken or turkey includes the cooked meat and skin as normally served unless otherwise indicated.

*Commercially Prepared Combination Foods*—The yields for commercially prepared combination foods listed under canned beef, canned pork and canned and frozen meat food products are based on the minimum meat requirements for meat food products that are packed for interstate shipment under Federal Meat Inspection. Since requirements for most canned and frozen chicken and turkey products are not yet established, the poultry yields are based on the estimated average content for such commercial products packed for interstate shipment under Federal Inspection.

*Yields for Cured Ham and for Breaded Fish Portions*—The yield for cured ham (mild) applies to both fully cooked cured ham and cured hams to be cooked, since new research findings show no significant differences in the yields. Similarly, the yield for frozen breaded fish portions applies to both raw and fried breaded portions as purchased on the market.

*Factors That Influence the Yields of Meat and Poultry*—Yields of cooked meat and poultry will vary with type, age, fatness and weight of animal and the method, time and temperature of cooking.

*Special Purchase and Market Pack in Column 1 Are Defined As:*

- Special purchase—applies only to USDA-donated foods that are not normally available on the market.
- Market pack—refers to foods available on the market, but is used only when necessary to distinguish special purchase foods from regular market foods, when both are listed under the same general heading.



## PROTEIN-RICH FOODS

### CHEESE

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b><i>CHEESE</i></b>					
<b>CHEDDAR CHEESE</b> ----- (natural or processed)	<b>Pound</b> -----	8	<b>2 ounces cheese</b> ----- (1 slice 3-1/4 x 3-1/2 x 1/4 inch).	12-1/2	
<b>COTTAGE CHEESE</b> -----	<b>Pound</b> -----	8	<b>2 ounces cheese</b> ----- (about 1/4 cup)	12-1/2	
<b>SWISS CHEESE</b> ----- (natural or processed)	<b>Pound</b> -----	8	<b>2 ounces cheese</b> ----- (1 slice 3-1/4 x 3-1/2 x 1/4 inch).	12-1/2	
<b><i>CHEESE PRODUCTS</i></b>					
<b>CHEESE FOODS</b> -----	<b>Pound</b> -----	4	<b>4-ounce serving</b> ----- (2 ounces cheese)	25	1 lb. AP=0.50 lb. cheese.
	<b>Pound</b> -----	8	<b>2-ounce serving</b> ----- (1 ounce cheese)	12-1/2	
<b>CHEESE SPREADS</b> -----	<b>Pound</b> -----	4	<b>4-ounce serving</b> ----- (2 ounces cheese)	25	1 lb. AP=0.50 lb. cheese.
	<b>Pound</b> -----	8	<b>2-ounce serving</b> ----- (1 ounce cheese)	12-1/2	

# PROTEIN-RICH FOODS

## DRY BEANS AND PEAS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>DRY BEANS</b>					
BEANS, DRY (any type—white beans, lima beans, red beans, blackeye beans or peas, or others)	Pound	11.00 22.00	1/2 cup cooked beans 1/4 cup cooked beans	9-1/4 4-3/4	1 lb. dry measures about 2-1/3 cups.
BEANS, DRY CANNED (any type or pack)	No. 10 can	23.00 46.00	1/2 cup beans 1/4 cup beans	4-1/2 2-1/4	
	No. 3 Cyl.	11.18 22.36	1/2 cup beans 1/4 cup beans	9 4-1/2	
	No. 2-1/2 can	6.45 12.90	1/2 cup beans 1/4 cup beans	15-1/2 7-3/4	
	Pound	3.44	1/2 cup beans	29-1/4	
BEAN SOUP Canned					
Condensed (dilute 1 part soup with not more than 1 part water)	No. 3 Cyl. (about 50 oz. undiluted)	11.50	1 cup reconstituted (1/2 cup beans)	8-3/4	1 can=5-3/4 cups undiluted.
	No. 1 Picnic (about 10 to 11 oz. un- diluted)	2.50	1 cup reconstituted (1/2 cup beans)	40	1 can=1-1/4 cups undiluted.
	Pound (16 oz. un- diluted)	3.69	1 cup reconstituted (1/2 cup beans)	27-1/4	
Ready-to-serve	8-oz. can (1 cup)	1.00	1 cup serving (1/2 cup beans)	100	
<b>DRY PEAS</b>					
PEAS, DRY (any type—split peas, lentils, or others)	Pound	10.00 20.00	1/2 cup cooked peas 1/4 cup cooked peas	10 5	1 lb. dry measures about 2-1/4 cups.
PEA SOUP*					
Canned					
Condensed (dilute 1 part of soup with not more than 1 part water)	No. 3 Cyl. (about 50 oz. undiluted)	11.50	1 cup reconstituted (1/4 cup peas)	8-3/4	1 can=5-3/4 cups undiluted.
	No. 1 Picnic (about 10 to 11 oz. un- diluted)	2.50	1 cup reconstituted (1/4 cup peas)	40	1 can=1-1/4 cups undiluted.
	Pound (16 oz. un- diluted)	3.69	1 cup reconstituted (1/4 cup peas)	27-1/4	
Ready-to-serve	8-oz. can (1 cup)	1.00	1 cup serving (1/4 cup peas)	100	

\*Pea soup includes cream of pea soup.

# PROTEIN-RICH FOODS

## EGGS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>EGGS</b> Fresh Shell eggs-----	<b>Dozen-----</b>	<b>12</b>	<b>1 egg-----</b>	<b>8-1/2</b>	<b>1 cup=5 large whole eggs, 8 whites or 12 yolks.</b>
<b>Frozen</b> Whole eggs-----	<b>Pound----- (2 cups)</b>	<b>10</b>	<b>1 egg----- (3 tablespoons)</b>	<b>10</b>	<b>1 cup=5 large whole eggs.</b>
<b>Dried</b> Whole eggs----- (special purchase)	<b>No. 10 can----- (3 lb.)</b>	<b>96</b>	<b>1 egg----- (2-1/2 tablespoons or 1/2 oz. sifted eggs and 2-1/2 tablespoons water=1 large egg)</b>	<b>1 can + 2/3 cup</b>	
	<b>Pound----- (about 5-1/3 cups sifted)</b>	<b>32</b>	<b>1 egg----- (2-1/2 tablespoons or 1/2 oz. sifted eggs and 2-1/2 tablespoons water=1 large egg)</b>	<b>3-1/4</b>	<b>2 cups (6 oz.) sifted dried eggs and 2 cups water=1 dozen large eggs.</b>

# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BEEF, FRESH</b>					
<b>BRISKET</b> With bone.....	Pound.....	4. 13	2 ounces cooked meat....	24-1/4	1 lb. AP=0.52 lb. cooked meat.
Without bone.....	Pound.....	5. 36	2 ounces cooked meat....	18-3/4	1 lb. AP=0.67 lb. cooked meat.
<b>BRISKET, CORNED</b> (without bone).....	Pound.....	4. 80	2 ounces cooked meat....	21	1 lb. AP=0.60 lb. cooked meat.
<b>GROUND BEEF</b> .....	Pound.....	5. 76	2 ounces cooked meat....	17-1/2	1 lb. AP=0.72 lb. cooked meat.
<b>HEART</b> .....	Pound.....	3. 11	2 ounces cooked heart....	32-1/4	1 lb. AP=0.39 lb. cooked heart.
<b>KIDNEY</b> .....	Pound.....	3. 14	2 ounces cooked kidney....	32	1 lb. AP=0.39 lb. cooked kidney.
<b>LIVER</b> .....	Pound.....	5. 50	2 ounces cooked liver....	18-1/4	1 lb. AP=0.69 lb. cooked liver.
<b>OXTAILS</b> .....	Pound.....	2. 35	2 ounces cooked meat....	42-3/4	1 lb. AP=0.29 lb. cooked meat.
<b>ROAST, CHUCK</b> With bone.....	Pound.....	4. 13	2 ounces cooked meat....	24-1/4	1 lb. AP=0.52 lb. cooked meat.
Without bone.....	Pound.....	5. 36	2 ounces cooked meat....	18-3/4	1 lb. AP=0.67 lb. cooked meat.
<b>ROAST, ROUND</b> With bone.....	Pound.....	5. 49	2 ounces cooked meat....	18-1/4	1 lb. AP=0.69 lb. cooked meat.
Without bone.....	Pound.....	5. 84	2 ounces cooked meat....	17-1/4	1 lb. AP=0.73 lb. cooked meat.
<b>ROAST, RUMP</b> With bone.....	Pound.....	4. 62	2 ounces cooked meat....	21-3/4	1 lb. AP=0.58 lb. cooked meat.
Without bone.....	Pound.....	5. 84	2 ounces cooked meat....	17-1/4	1 lb. AP=0.73 lb. cooked meat.
<b>SHORTRIBS</b> .....	Pound.....	2. 00	2 ounces cooked meat....	50	1 lb. AP=0.25 lb. cooked meat.
<b>STEAK, FLANK</b> .....	Pound.....	5. 36	2 ounces cooked meat....	18-3/4	1 lb. AP=0.67 lb. cooked meat.
<b>STEAK, ROUND</b> With bone.....	Pound.....	5. 49	2 ounces cooked meat....	18-1/4	1 lb. AP=0.69 lb. cooked meat.
Without bone.....	Pound.....	5. 84	2 ounces cooked meat....	17-1/4	1 lb. AP=0.73 lb. cooked meat.



# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion	Purchase units for 100 servings	Additional yield information
(1)	(2)	(3)	(4)	(5)	(6)
<b>BEEF, FRESH—Continued</b>					
STEWMEAT----- (without bone)	Pound-----	5. 25	2 ounces cooked meat----	19-1/4	1 lb. AP=0.66 lb. cooked meat.
TONGUE-----	Pound-----	4. 72	2 ounces cooked tongue--	21-1/4	1 lb. AP=0.59 lb. cooked tongue.
TONGUE, SMOKED-----	Pound-----	4. 09	2 ounces cooked tongue--	24-1/2	1 lb. AP=0.51 lb. cooked tongue.
<b>BEEF, CANNED</b>					
BEEF, CORNED-----	6-lb. can----- (96 oz.)	48. 00	2 ounces meat-----	2-1/4	1 lb. AP=0.50 lb. cooked meat.
	Pound-----	8. 00	2 ounces meat-----	12-1/2	
BEEF WITH BARBECUE SAUCE.	Pound-----	4. 00	2 ounces meat-----	25	
BEEF WITH GRAVY Special purchase-----	No. 2-1/2 can---- (29 oz.)	9. 14	2 ounces meat-----	11	
	Pound-----	5. 04	2 ounces meat-----	20	
Market pack-----	Pound-----	4. 00	2 ounces meat-----	25	1 lb. AP=0.50 lb. cooked meat.
BEEF WITH NATURAL JUICES- (special purchase)	No. 2-1/2 can---- (29 oz.)	10. 15	2 ounces meat-----	10	1 lb. AP=0.70 lb. cooked meat.
	Pound-----	5. 60	2 ounces meat-----	18	
<b>BEEF, FROZEN</b>					
GROUND BEEF----- (special purchase—not more than 25 percent fat)	Pound-----	6. 00	2 ounces cooked meat----	16-3/4	1 lb. AP=0.75 lb. cooked meat.
STEAK, CUBED----- (all beef, boneless minute steak—about 3 oz. raw)	Pound-----	5. 13	1 steak----- (about 2-1/3 oz. cooked meat)	19-1/2	1 lb. AP=0.75 lb. cooked meat.
<b>BEEF, DRIED</b>					
CHIPPED BEEF-----	Pound-----	10. 00	2 ounces cooked meat----	10	1 lb. AP=1.25 lb. cooked meat.
<b>LAMB, FRESH</b>					
CHOPS----- (with bone)	Pound-----	4. 31	2 ounces cooked meat----	23-1/4	1 lb. AP=0.54 lb. cooked meat.
GROUND LAMB-----	Pound-----	4. 90	2 ounces cooked meat----	20-1/2	1 lb. AP=0.61 lb. cooked meat.



# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>LAMB, FRESH—Continued</b>					
<b>ROAST LEG</b> With bone.....	Pound.....	4. 31	2 ounces cooked meat.....	23-1/4	1 lb. AP=0.54 lb. cooked meat.
Without bone.....	Pound.....	5. 60	2 ounces cooked meat.....	18	1 lb. AP=0.70 lb. cooked meat.
<b>ROAST, SHOULDER</b> With bone.....	Pound.....	4. 37	2 ounces cooked meat.....	23	1 lb. AP=0.55 lb. cooked meat.
Without bone.....	Pound.....	5. 60	2 ounces cooked meat.....	18	1 lb. AP=0.70 lb. cooked meat.
<b>STEWMEAT</b> (without bone).....	Pound.....	5. 25	2 ounces cooked meat.....	19-1/4	1 lb. AP=0.66 lb. cooked meat.
<b>LAMB, FROZEN</b>					
<b>GROUND LAMB</b> (special purchase—less than 23 percent fat).....	Pound.....	5. 56	2 ounces cooked meat.....	18	1 lb. AP=0.70 lb. cooked meat.
<b>PORK, CURED (MILD)</b>					
<b>HAM</b> With bone.....	Pound.....	5. 36	2 ounces cooked slices and pieces.	18-3/4	1 lb. AP=0.67 lb. cooked meat.
	Pound.....	4. 44	2 ounces cooked slices.....	22-3/4	1 lb. AP=0.56 lb. cooked meat.
Without bone.....	Pound.....	6. 16	2 ounces cooked slices and pieces.	16-1/4	1 lb. AP=0.77 lb. cooked meat.
	Pound.....	5. 16	2 ounces cooked slices.....	19-1/2	1 lb. AP=0.64 lb. cooked meat.
<b>HAM, GROUND RAW</b> (patty).....	Pound.....	6. 16	2 ounces cooked meat.....	16-1/4	1 lb. AP=0.77 lb. cooked meat.
<b>SHOULDER</b> (Boston butt) With bone.....	Pound.....	5. 33	2 ounces cooked meat.....	19	1 lb. AP=0.67 lb. cooked meat.
Without bone.....	Pound.....	5. 92	2 ounces cooked meat.....	17	1 lb. AP=0.74 lb. cooked meat.
<b>SHOULDER, PICNIC</b> With bone.....	Pound.....	4. 50	2 ounces cooked meat.....	22-1/4	1 lb. AP=0.56 lb. cooked meat.
Without bone.....	Pound.....	5. 92	2 ounces cooked meat.....	17	1 lb. AP=0.74 lb. cooked meat.

# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>PORK, FRESH</b>					
CHOPS, LOIN With bone.....	Pound.....	4.47	2 ounces cooked meat.....	22-1/2	1 lb. AP=0.56 lb. cooked meat.
Without bone..... (tenderloin)	Pound.....	6.00	2 ounces cooked meat.....	16-3/4	1 lb. AP=0.75 lb. cooked meat.
CHOPS, RIB..... (with bone)	Pound.....	4.03	2 ounces cooked meat.....	25	1 lb. AP=0.50 lb. cooked meat.
GROUND PORK.....	Pound.....	4.55	2 ounces cooked meat.....	22	1 lb. AP=0.57 lb. cooked meat.
HAM With bone.....	Pound.....	4.35	2 ounces cooked meat.....	23	1 lb. AP=0.54 lb. cooked meat.
Without bone.....	Pound.....	5.44	2 ounces cooked meat.....	18-1/2	1 lb. AP=0.68 lb. cooked meat.
HEART.....	Pound.....	3.58	2 ounces cooked heart.....	28	1 lb. AP=0.45 lb. cooked heart.
LIVER.....	Pound.....	4.81	2 ounces cooked liver.....	21	1 lb. AP=0.60 lb. cooked liver.
NECKBONES.....	Pound.....	2.34	2 ounces cooked meat.....	42-3/4	1 lb. AP=0.29 lb. cooked meat.
ROAST, LOIN With bone.....	Pound.....	3.75	2 ounces cooked meat.....	26-3/4	1 lb. AP=0.47 lb. cooked meat.
Without bone.....	Pound.....	5.44	2 ounces cooked meat.....	18-1/2	1 lb. AP=0.68 lb. cooked meat.
ROAST, SHOULDER (picnic) With bone.....	Pound.....	3.79	2 ounces cooked meat.....	26-1/2	1 lb. AP=0.47 lb. cooked meat.
Without bone.....	Pound.....	5.12	2 ounces cooked meat.....	19-3/4	1 lb. AP=0.64 lb. cooked meat.
ROAST, SHOULDER (Boston butt) With bone.....	Pound.....	4.95	2 ounces cooked meat.....	20-1/4	1 lb. AP=0.62 lb. cooked meat.
Without bone.....	Pound.....	5.44	2 ounces cooked meat.....	18-1/2	1 lb. AP=0.68 lb. cooked meat.
SAUSAGE, BULK OR LINK.....	Pound.....	3.84	2 ounces cooked meat.....	26-1/4	1 lb. AP=0.48 lb. cooked meat.
SPARERIBS.....	Pound.....	2.06	2 ounces cooked meat.....	48-3/4	1 lb. AP=0.26 lb. cooked meat.

# **PROTEIN-RICH FOODS**

## **MEAT, POULTRY, FISH**

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>PORK, CANNED</b>					
HAM, CHOPPED.....	Pound.....	8. 00	2 ounces meat.....	12-1/2	
HAM, SMOKED.....	Pound.....	6. 16	2 ounces slices and pieces.....	16-1/4	1 lb. AP=0.77 lb. ham.
	Pound.....	5. 84	2 ounces slices.....	17-1/4	1 lb. AP=0.73 lb. ham.
PORK LUNCHEON MEAT WITH NATURAL JUICES.	6-lb. can (96 oz.).....	42. 72	2 ounces meat.....	2-1/2	
	Pound.....	7. 12	2 ounces meat.....	14-1/4	1 lb. AP=0.89 lb. meat.
PORK WITH BARBECUE SAUCE.	Pound.....	4. 00	2 ounces meat.....	25	1 lb. AP=0.50 lb. cooked meat.
PORK WITH GRAVY Special purchase.....	No. 2-1/2 can (29 oz.).....	9. 14	2 ounces meat.....	11	
	Pound.....	5. 04	2 ounces meat.....	20	1 lb. AP=0.63 lb. cooked meat.
Market pack.....	Pound.....	4. 00	2 ounces meat.....	25	1 lb. AP=0.50 lb. cooked meat.
PORK WITH NATURAL JUICES. (special purchase)	No. 2-1/2 can (29 oz.).....	10. 15	2 ounces meat.....	10	
	Pound.....	5. 60	2 ounces meat.....	18	1 lb. AP=0.70 lb. cooked meat.
<b>PORK, FROZEN</b>					
GROUND PORK..... (special purchase—less than 30 percent fat)	Pound.....	5. 00	2 ounces cooked meat.....	20	1 lb. AP=0.62 lb. cooked meat.
<b>VARIETY MEATS AND LUNCHEON MEATS</b>					
FRANKFURTERS (all meat) 8 per pound.....	Pound.....	8. 00	1 frankfurter..... (2 ounces meat)	12-1/2	
10 per pound.....	Pound.....	10. 00	1 frankfurter..... (1.6 ounces meat)	10	
LUNCHEON MEATS..... (all meat—including bologna, liverwurst)	Pound.....	8. 00	2 ounces meat.....	12-1/2	



# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased  (1)	Purchase unit  (2)	Servings per purchase unit (3)	Serving size or portion  (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>VARIETY MEATS, CANNED</b>					
<b>CHOPPED MEAT WITH NATURAL JUICES.</b> (special purchase)	No. 2-1/2 can... (30.5 oz.)	13. 57	2 ounces meat.....	7-1/2	1 lb. AP=0.89 lb. cooked meat.
	Pound.....	7. 12	2 ounces meat.....	14-1/4	
<b>VIENNA SAUSAGE</b> ..... (all meat—packed in water, broth or brine)	Pound..... (drained weight)	8. 00	2 ounces meat.....	12-1/2	
<b>VEAL, FRESH</b>					
<b>CHOPS, LOIN</b> ..... (with bone)	Pound.....	4. 86	2 ounces cooked meat.....	20-3/4	1 lb. AP=0.61 lb. cooked meat.
<b>CHOPS, RIB</b> ..... (with bone)	Pound.....	4. 18	2 ounces cooked meat.....	24	1 lb. AP=0.52 lb. cooked meat.
<b>CUTLET</b> With bone.....	Pound.....	5. 40	2 ounces cooked meat.....	18-3/4	1 lb. AP=0.68 lb. cooked meat.
Without bone.....	Pound.....	6. 00	2 ounces cooked meat.....	16-3/4	1 lb. AP=0.75 lb. cooked meat.
<b>GROUND VEAL</b> .....	Pound.....	5. 12	2 ounces cooked meat.....	19-3/4	1 lb. AP=0.64 lb. cooked meat.
<b>HEART</b> .....	Pound.....	2. 77	2 ounces cooked heart.....	36-1/4	1 lb. AP=0.35 lb. cooked heart.
<b>LIVER, CALF</b> .....	Pound.....	4. 62	2 ounces cooked liver.....	21-3/4	1 lb. AP=0.58 lb. cooked liver.
<b>ROAST, CHUCK</b> With bone.....	Pound.....	3. 70	2 ounces cooked meat.....	27-1/4	1 lb. AP=0.46 lb. cooked meat.
Without bone.....	Pound.....	5. 28	2 ounces cooked meat.....	19	1 lb. AP=0.66 lb. cooked meat.
<b>ROAST, LEG</b> With bone.....	Pound.....	3. 92	2 ounces cooked meat.....	25-3/4	1 lb. AP=0.49 lb. cooked meat.
Without bone.....	Pound.....	5. 52	2 ounces cooked meat.....	18-1/4	1 lb. AP=0.69 lb. cooked meat.
<b>ROAST, SHOULDER</b> ..... (without bone)	Pound.....	5. 28	2 ounces cooked meat.....	19	1 lb. AP=0.66 lb. cooked meat.
<b>STEWMEAT</b> ..... (without bone)	Pound.....	5. 25	2 ounces cooked meat.....	19-1/4	1 lb. AP=0.66 lb. cooked meat.

# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>MEAT FOOD PRODUCTS, CANNED</b>					
BEANS WITH FRANKS IN SAUCE.	Pound	3. 44	1/2 cup serving (about 2 ounces protein-rich food)	29-1/4	
BEANS WITH HAM IN SAUCE	Pound	3. 44	1/2 cup serving (about 2 ounces protein-rich food)	29-1/4	
BEEF GOULASH	Pound	2. 66	3/4 cup serving (1 ounce meat)	37-3/4	1 lb. AP=0.18 lb. cooked meat.
BEEF STEW	Pound	2. 66	3/4 cup serving (1 ounce meat and 1/4 cup vegetable)	37-3/4	1 lb. AP=0.18 lb. cooked meat.
BRUNSWICK STEW	Pound	2. 66	3/4 cup serving (1 ounce meat and 1/4 cup vegetable)	37-3/4	1 lb. AP=0.18 lb. cooked meat.
CHILI CON CARNE	Pound	4. 00	1/2 cup serving (1 ounce meat)	25	1 lb. AP=0.28 lb. cooked meat.
CHILI CON CARNE WITH BEANS.	Pound	3. 44	1/2 cup serving (about 2 ounces protein-rich food)	29-1/4	1 lb. AP=0.18 lb. cooked meat.
HASH (corned beef, roast beef, beef)	Pound	2. 66	3/4 cup serving (2 ounces meat, and 1/4 cup vegetable)	37-3/4	1 lb. AP=0.35 lb. cooked meat.
LAMB STEW	Pound	2. 66	3/4 cup serving (1 ounce meat and 1/4 cup vegetable)	37-3/4	1 lb. AP=0.18 lb. cooked meat.
MEAT BALLS WITH GRAVY	Pound	3. 04	2 ounces meat (about 3-1/2 meat balls)	33	1 lb. AP=0.38 lb. cooked meat.
TAMALES WITH GRAVY OR SAUCE.	Pound	2. 00	1 cup serving (1 ounce meat)	50	1 lb. AP=0.14 lb. cooked meat.
<b>MEAT FOOD PRODUCTS, FROZEN</b>					
BEEF GOULASH	Pound	2. 66	3/4 cup serving (1 ounce meat)	37-3/4	1 lb. AP=0.18 lb. cooked meat.
MEAT BALLS WITH GRAVY	Pound	3. 04	2 ounces meat (about 3-1/2 meat balls)	33	1 lb. AP=0.38 lb. cooked meat.
TAMALES	Pound	2. 66	3/4 cup serving (1 ounce meat)	37-3/4	1 lb. AP=0.18 lb. cooked meat.



# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>CHICKEN, FRESH OR FROZEN</b>					
<b>FRYERS, READY-TO-COOK</b>	Fryer (2-1/2 lb. average)	6. 00	2 ounces or more cooked chicken. (6 servings per fryer. A serving=1/2 breast; 1 drumstick with a wing or back; 1 thigh with a wing or back)	16-3/4	6 servings made up of chickens weighing 2-1/4 to 2-3/4 lb.
	Pound	2. 40	2 ounces or more cooked chicken. (serve as shown above)	41-3/4	
<b>FRYER PARTS</b> (chickens 2-1/4 to 2-3/4 lb. with neck and giblets)					
Breast halves (about 4.8 oz. each)	Pound	3. 32	1/2 breast (about 2.6 oz. cooked chicken)	30-1/4	1 lb. AP=0.55 lb. cooked chicken.
Legs (drumstick and thigh) (about 6.1 oz. each)	Pound	2. 61	1 leg, drumstick and thigh (about 3.1 oz. cooked chicken)	38-1/2	1 lb. AP=0.50 lb. cooked chicken.
Drumsticks (about 3.0 oz. each)	Pound	5. 41	1 drumstick (about 1.4 oz. cooked chicken)	18-1/2	1 lb. AP=0.48 lb. cooked chicken.
Thighs (about 3.2 oz. each)	Pound	5. 03	1 thigh (about 1.6 oz. cooked chicken)	20	1 lb. AP=0.52 lb. cooked chicken.
Wings (about 2.5 oz. each)	Pound	3. 16	2 wings (about 1.6 oz. cooked chicken)	31-3/4	1 lb. AP=0.31 lb. cooked chicken.
	Pound	6. 32	1 wing (about 0.8 oz. cooked chicken)	16	
Lower back pieces (about 5.1 oz. each)	Pound	3. 12	1 lower back piece (about 1.3 oz. cooked chicken)	32-1/4	1 lb. AP=0.25 lb. cooked chicken.
Rib back pieces (about 3.9 oz. each)	Pound	4. 11	1 upper rib back piece (about 1.3 oz. cooked chicken)	24-1/2	1 lb. AP=0.34 lb. cooked chicken.
<b>STEWING CHICKEN</b>					
Dressed	Pound	2. 99	2 ounces cooked chicken incl. meat from neck and giblets.	33-1/2	1 lb. AP=0.37 lb. cooked chicken.
	Pound	2. 76	2 ounces cooked chicken excl. meat from neck and giblets.	36-1/4	1 lb. AP=0.34 lb. cooked chicken.

# **PROTEIN-RICH FOODS**

## **MEAT, POULTRY, FISH**

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>CHICKEN, FRESH OR FROZEN—Continued</b>					
<b>STEWING CHICKEN—Con.</b>					
Ready-to-cook (with neck and giblets)	Pound	3. 74	2 ounces cooked chicken incl. meat from neck and giblets.	26-3/4	1 lb. AP=0.47 lb. cooked chicken.
	Pound	3. 54	2 ounces cooked chicken excl. meat from neck and giblets.	28-1/4	1 lb. AP=0.44 lb. cooked chicken.
<b>GIBLETS</b>					
Gizzards	Pound	2. 08	2 ounces cooked gizzards	48-1/4	1 lb. AP=0.26 lb. cooked gizzards.
Hearts	Pound	3. 04	2 ounces cooked hearts	33	1 lb. AP=0.38 lb. cooked hearts.
Livers	Pound	5. 20	2 ounces cooked livers	19-1/4	1 lb. AP=0.65 lb. cooked livers.
<b>CHICKEN, CANNED</b>					
<b>CHICKEN</b>					
With bone	Pound	2. 56	2 ounces chicken	39-1/4	1 lb. AP=0.32 lb. chicken meat.
Without bone (boned)	Pound	7. 20	2 ounces chicken	14	1 lb. AP=0.90 lb. chicken meat.
<b>CHICKEN PRODUCTS, CANNED OR FROZEN</b>					
<b>CHICKEN A LA KING</b>	Pound	2. 66	3/4 cup serving (1 ounce chicken)	37-3/4	1 lb. AP=0.17 lb. chicken meat.
<b>CHICKEN AND DUMPLINGS</b>	Pound	2. 66	3/4 cup serving (1 ounce chicken)	37-3/4	1 lb. AP=0.15 lb. chicken meat.
<b>CHICKEN AND NOODLES</b>	Pound	2. 66	3/4 cup serving (1 ounce chicken)	37-3/4	1 lb. AP=0.15 lb. chicken meat.
<b>CHICKEN, CREAMED</b>	Pound	2. 66	3/4 cup serving (1 ounce chicken)	37-3/4	1 lb. AP=0.17 lb. chicken meat.
<b>CHICKEN, FRICASSEE BONE- LESS.</b>	Pound	2. 66	3/4 cup serving (1 ounce chicken)	37-3/4	1 lb. AP=0.17 lb. chicken meat.

# **PROTEIN-RICH FOODS**

## **MEAT, POULTRY, FISH**

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>TURKEYS, FRESH OR FROZEN</b>					
<b>TURKEYS</b>					
Dressed.....	Pound.....	3. 22	2 ounces cooked turkey incl. meat from neck, giblets, and skin.	31-1/4	1 lb. AP=0.40 lb. cooked turkey.
	Pound.....	2. 88	2 ounces cooked turkey excl. meat from neck, giblets, and skin.	34-3/4	1 lb. AP=0.36 lb. cooked turkey.
Ready-to-cook.....	Pound.....	3. 86	2 ounces cooked turkey incl. meat from neck, giblets, and skin.	26	1 lb. AP=0.48 lb. cooked turkey.
	Pound.....	3. 52	2 ounces cooked turkey excl. meat from neck, giblets, and skin.	28-1/2	1 lb. AP=0.44 lb. cooked turkey.
<b>TURKEY GIBLETS</b>					
Gizzards.....	Pound.....	2. 72	2 ounces cooked gizzards.	37	1 lb. AP=0.34 lb. cooked gizzards.
Hearts.....	Pound.....	3. 04	2 ounces cooked hearts...	33	1 lb. AP=0.38 lb. cooked h. arts.
Livers.....	Pound.....	5. 36	2 ounces cooked livers...	18-3/4	1 lb. AP=0.67 lb. cooked livers.
<b>TURKEY PARTS</b>					
Breasts, whole.....	Pound.....	4. 80	2 ounces cooked turkey including skin.	21	1 lb. AP=0.60 lb. cooked turkey.
	Pound.....	3. 92	2 ounces cooked turkey excluding skin.	25-3/4	
Breasts, halves.....	Pound.....	4. 40	2 ounces cooked turkey including skin.	22-3/4	1 lb. AP=0.55 lb. cooked turkey.
	Pound.....	3. 60	2 ounces cooked turkey excluding skin.	28	
<b>TURKEY PARTS</b>					
Legs (drumstick and thigh).....	Pound.....	3. 84	2 ounces cooked turkey including skin.	26-1/4	1 lb. AP=0.48 lb. cooked turkey.
	Pound.....	3. 60	2 ounces cooked turkey excluding skin.	28	
<b>TURKEY ROLL</b> (frozen)					
Cook before eating.....	Pound.....	4. 88	2 ounces cooked turkey...	20-1/2	1 lb. AP=0.61 lb. cooked turkey.
Cooked.....	Pound.....	7. 36	2 ounces turkey.....	13-3/4	1 lb. AP=0.92 lb. turkey meat.

# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b><i>TURKEY, CANNED</i></b>					
TURKEY----- (boned)	Pound-----	7. 20	2 ounces turkey-----	14	1 lb. AP=0.90 lb. turkey meat.
<b><i>TURKEY PRODUCTS, CANNED</i></b>					
TURKEY A LA KING-----	Pound-----	2. 66	3/4 cup serving----- (1 ounce turkey)	37-3/4	1 lb. AP=0.17 lb. turkey meat.
TURKEY, CREAMED-----	Pound-----	2. 66	3/4 cup serving----- (1 ounce turkey)	37-3/4	1 lb. AP=0.17 lb. turkey meat.
TURKEY, FRICASSEE BONE- LESS.-----	Pound-----	2. 66	3/4 cup serving----- (1 ounce turkey)	37-3/4	1 lb. AP=0.17 lb. turkey meat.
<b><i>TURKEY PRODUCTS, FROZEN</i></b>					
TURKEY A LA KING-----	Pound-----	2. 66	3/4 cup serving----- (1 ounce turkey)	37-3/4	1 lb. AP=0.17 lb. turkey meat.
TURKEY, CREAMED-----	Pound-----	2. 66	3/4 cup serving----- (1 ounce turkey)	37-3/4	1 lb. AP=0.17 lb. turkey meat.



# **PROTEIN-RICH FOODS**

## **MEAT, POULTRY, FISH**

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>FISH, FRESH</b>					
FILLETS.....	Pound.....	5. 12	2 ounces cooked fish.....	19-3/4	1 lb. AP=0.64 lb. cooked fish.
STEAKS.....	Pound.....	4. 64	2 ounces cooked fish.....	21-3/4	1 lb. AP=0.58 lb. cooked fish.
WHOLE..... (round, as caught)	Pound.....	2. 16	2 ounces cooked fish.....	46-1/2	1 lb. AP=0.27 lb. cooked fish.
<b>FISH, CANNED</b>					
MACKEREL.....	15-oz. can.....	6. 25	2 ounces fish.....	16	1 can=12-1/2 oz. drained mackerel.
MAINE SARDINES..... (in oil)	12-oz. can.....	5. 38	2 ounces fish.....	18-3/4	1 can=10-3/4 oz. drained sardines.
	3-3/4- to 4-oz. can.	1. 87	2 ounces fish.....	53-1/2	1 can=3-3/4 oz. drained sardines.
PACIFIC SARDINES.....	15-oz. can.....	5. 75	2 ounces fish.....	17-1/2	1 can=11-1/2 oz. drained sardines.
SALMON.....	64-oz. can.....	25. 00	2 ounces fish.....	4	1 can=50 oz. drained salmon.
	16-oz. can.....	6. 50	2 ounces fish.....	15-1/2	1 can=13 oz. drained salmon.
TUNA.....	60- to 66-1/2-oz. can.	29. 00	2 ounces fish.....	3-1/2	1 can=58 oz. drained tuna.
	6- to 7-oz. can..	3. 00	2 ounces fish.....	33-1/2	1 can=6 oz. drained tuna.
<b>FISH, FROZEN</b>					
FILLETS.....	Pound.....	5. 12	2 ounces cooked fish.....	19-3/4	1 lb. AP=0.64 lb. cooked fish.
FISH PORTIONS Breaded					
4-oz. portion.....	Pound.....	4. 00	1 portion..... (2.3 oz. cooked fish)	25	1 lb. AP=0.58 lb. cooked fish.
3-oz. portion.....	Pound.....	5. 33	1 portion..... (1.6 oz. cooked fish)	18-3/4	1 lb. AP=0.54 lb. cooked fish.
2-oz. portion.....	Pound.....	8. 00	1 portion..... (1.1 oz. cooked fish)	12-1/2	1 lb. AP=0.53 lb. cooked fish.
Unbreaded					
3-oz. portion.....	Pound.....	5. 33	1 portion..... (2.1 oz. cooked fish)	18-3/4	1 lb. AP=0.69 lb. cooked fish.
2-oz. portion.....	Pound.....	8. 00	1 portion..... (1.4 oz. cooked fish)	12-1/2	1 lb. AP=0.68 lb. cooked fish.



# PROTEIN-RICH FOODS

## MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>FISH, FROZEN—Continued</b>					
<b>FISH STICKS</b>					
Breaded (1-ounce stick)	Pound	4. 00	4 sticks (2.0 oz. cooked fish)	25	1 lb. AP=0.50 lb. cooked fish.
	Pound	5. 33	3 sticks (1.5 oz. cooked fish)	18-3/4	1 lb. AP=0.50 lb. cooked fish.
	Pound	8. 00	2 sticks (1.0 oz. cooked fish)	12-1/2	1 lb. AP=0.50 lb. cooked fish.
	Pound	16. 00	1 stick (0.5 oz. cooked fish)	6-1/4	1 lb. AP=0.50 lb. cooked fish.
<b>STEAKS</b>	Pound	4. 64	2 ounces cooked fish	21-3/4	1 lb. AP=0.58 lb. cooked fish.
<b>WHOLE</b> (round, as caught)	Pound	2. 16	2 ounces cooked fish	46-1/2	1 lb. AP=0.27 lb. cooked fish.
<b>FISH, DRIED</b>					
<b>SALT COD</b>	Pound	5. 76	2 ounces cooked fish	17-1/2	1 lb. AP=0.72 lb. cooked fish.
<b>SHELLFISH, FRESH OR FROZEN</b>					
<b>CLAMS, SHUCKED</b>	Gallon (8 lb.)	30. 72	2 ounces cooked clams	3-1/2	
	Pound (1 pt.)	3. 84	2 ounces cooked clams	26-1/4	1 lb. AP=0.48 lb. cooked clams.
<b>CRAB MEAT</b>	Pound	7. 76	2 ounces cooked crab meat.	13	1 lb. AP=0.97 lb. cooked crab meat.
<b>OYSTERS, SHUCKED</b>	Gallon (8 lb.)	25. 60	2 ounces cooked oysters	4	
	Pound (1 pt.)	3. 20	2 ounces cooked oysters	31-1/4	1 lb. AP=0.40 lb. cooked oysters.
<b>SCALLOPS</b>	Pound	5. 04	2 ounces cooked scallops.	20	1 lb. AP=0.63 lb. cooked scallops.
<b>SHRIMP</b>					
Raw, in shell	Pound	4. 00	2 ounces cooked shrimp	25	1 lb. AP=0.50 lb. cooked shrimp.
Cooked, peeled and cleaned	Pound	8. 00	2 ounces cooked shrimp	12-1/2	1 lb. AP=1.00 lb. cooked shrimp.

## PROTEIN-RICH FOODS

### MEAT, POULTRY, FISH

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b><i>SHELLFISH, CANNED</i></b>					
CLAMS Minced.....	51-oz. can.....	12. 00	2 ounces clams.....	8-1/2	1 can=24 oz. drained clams.
	7-1/2-oz. can....	1. 87	2 ounces clams.....	53-1/2	1 can=3-3/4 oz. drained clams.
CRAB MEAT.....	6-1/2-oz. can....	2. 75	2 ounces crab meat.....	36-1/2	1 can=5-1/2 oz. drained cleaned crab meat.
OYSTERS.....	5-oz. can..... (drained wt.)	2. 50	2 ounces oysters.....	40	1 can=5 oz. drained oysters.
SHRIMP.....	4-1/2-oz. can.... (drained wt.)	2. 25	2 ounces shrimp.....	44-1/2	1 can=4-1/2 oz. drained shrimp.

# PROTEIN-RICH FOODS

## PEANUT BUTTER

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
PEANUT BUTTER Canned -----	No. 10 can ----- (6 lb. 12 oz.)	47	4 tablespoons ----- (1/4 cup)	2 cans + 1-1/2 cups	
		94	2 tablespoons -----	1 can + 3/4 cup	
	Pound -----	7	4 tablespoons ----- (1/4 cup)	14-1/2	
		14	2 tablespoons -----	7-1/4	



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## **Vegetables/Fruits**

## VEGETABLES AND FRUITS

About 100 different vegetables and fruits—in fresh, canned, frozen and dehydrated form—are listed alphabetically in this section. Canned and frozen juices and canned soups are listed at the end of the section.

*Vegetable and Fruit Information in This Revised Edition of the Guide Includes:*

- A wide variety of vegetables and fruits.
- Yield information on the most common institution and household size packs of canned and frozen vegetables and fruits on the market.
- Yield information on dehydrated low moisture vegetables and fruits.
- Yields in terms of 1/2 and 1/4 cup servings to simplify menu planning and food buying in relation to the vegetable and fruit requirement of the Type A lunch.
- Yields of whole raw or cooked vegetables and fruits given in parentheses.
- Yield information on canned soups that contain at least 1/4 cup vegetable per cup of soup.

*Serving of Cooked Vegetables and Fruits*

- *A serving of cooked vegetable* is drained vegetable as usually served.
- *A serving of cooked fruit* consists of fruit and juice even where the serving is described as “cooked” and no reference is made to “fruit and juice.” This is true for all fruits except canned solid pack.

Yields of vegetables and fruits vary in the number of servings per purchase unit, according to the form of food used. For example:

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen products are already prepared for cooking and serving.
- Some solid pack canned vegetables such as mashed sweetpotatoes yield more servings than expected, because when served the sweetpotatoes are not packed as firmly in the scoop as they were in the can.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen, or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.

*Dehydrated Vegetables and Fruits in Column 1 Include:*

- Regular dried—dried to 18 to 25 percent moisture content.
- Low moisture—dehydrated to 2-1/2 to 5 percent moisture content.

*Pound of Canned Food*—the number of 1/2 cup servings per pound of product is based on the net weight (food and liquid) of the No. 10 can.



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>APPLES</b>					
<b>Fresh</b> -----	<b>Pound</b> -----	4.00	1 small raw apple----- (about 1/2 cup)	25	1 lb. AP=0.76 lb. ready-to-cook or serve raw.
	<b>Pound</b> -----	5.60	1/2 cup raw chopped, diced or sliced.	18	
		11.20	1/4 cup raw chopped, diced or sliced.	9	
	<b>Pound</b> -----	3.00	1 medium baked apple--- (about 1/2 cup cooked)	33-1/2	
	<b>Pound</b> -----	2.64	1/2 cup cooked sliced-----	38	1 lb. AP=0.63 lb. cooked.
		5.28	1/4 cup cooked sliced-----	19	
<b>Canned</b>					
<b>Slices</b> -----	<b>No. 10 can</b> -----	25.00	1/2 cup fruit-----	4	1 can solid pack= 12-1/2 cups fruit.
		50.00	1/4 cup fruit-----	2	
	<b>No. 2-1/2 can</b> ---	6.81	1/2 cup fruit-----	14-3/4	
		13.62	1/4 cup fruit-----	7-1/2	
	<b>No. 2 can</b> -----	4.71	1/2 cup fruit-----	21-1/4	
		9.42	1/4 cup fruit-----	10-3/4	
	<b>Pound</b> -----	4.19	1/2 cup fruit-----	24	
<b>Frozen</b>					
<b>Slices</b> -----	<b>30-lb. can</b> -----	105.00	1/2 cup cooked-----	1	
		210.00	1/4 cup cooked-----	1/2	
	<b>2-1/2-lb. pkg</b> ---	8.78	1/2 cup cooked-----	11-1/2	
		17.56	1/4 cup cooked-----	5-3/4	
	<b>Pound</b> -----	3.51	1/2 cup cooked-----	28-1/2	
		7.02	1/4 cup cooked-----	14-1/4	
<b>Dehydrated</b>					
<b>Regular dried, slices</b> -----	<b>Pound</b> -----	15.37	1/2 cup cooked-----	6-3/4	1 lb. dry measures 4-1/3 cups.
		30.74	1/4 cup cooked-----	3-1/4	
<b>Low moisture, slices</b> -----	<b>Pound</b> -----	22.57	1/2 cup cooked-----	4-1/2	1 lb. dry measures 8 cups.
		45.14	1/4 cup cooked-----	2-1/4	
	<b>No. 10 can</b> ----- (1-1/2 lb.)	34.00	1/2 cup cooked-----	3	
		68.00	1/4 cup cooked-----	1-1/2	
<b>APPLESAUCE</b>					
<b>Canned</b> -----	<b>No. 10 can</b> -----	24.00	1/2 cup fruit-----	4-1/4	1 can=12 cups fruit.
		48.00	1/4 cup fruit-----	2-1/4	
	<b>No. 2-1/2 can</b> ---	6.64	1/2 cup fruit-----	15-1/4	
		13.28	1/4 cup fruit-----	7-3/4	
	<b>No. 303 can</b> ----	3.66	1/2 cup fruit-----	27-1/2	
		7.32	1/4 cup fruit-----	13-3/4	
	<b>Pound</b> -----	3.66	1/2 cup fruit-----	27-1/2	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
APPLESAUCE—Continued Dehydrated Low moisture	Pound	34. 46 68. 92	1/2 cup cooked 1/4 cup cooked	3 1-1/2	1 lb. dry measures 4-3/4 cups.
	No. 10 can	86. 00 172. 00	1/2 cup cooked 1/4 cup cooked	1-1/4 3/4	
APRICOTS Fresh	Pound	6. 00	2 medium raw apricots (about 1/2 cup)	16-3/4	1 lb. AP=0 .94 lb. ready-to-serve raw.
	Pound	5. 41 10. 82	1/2 cup raw halves 1/4 cup raw halves	18-1/2 9-1/4	
Canned Halves	No. 10 can	24. 00 48. 00	1/2 cup fruit and juice 1/4 cup fruit and juice	4-1/4 2-1/4	1 can=about 8 cups drained fruit.
	No. 2-1/2 can	6. 77 13. 54	1/2 cup fruit and juice 1/4 cup fruit and juice	15 7-1/2	
	Pound	3. 61	1/2 cup fruit and juice	27-3/4	
Frozen Halves	25-lb. can	86. 00 172. 00	1/2 cup cooked 1/4 cup cooked	1-1/4 3/4	
	Pound	3. 43 6. 86	1/2 cup cooked 1/4 cup cooked	29-1/4 14-3/4	
Dehydrated Regular dried, halves	Pound	12. 57 25. 14	1/2 cup cooked 1/4 cup cooked	8 4	1 lb. dry measures 3-1/4 cups.
	Pound	18. 53 37. 06	1/2 cup cooked 1/4 cup cooked	5-1/2 2-3/4	1 lb. dry measures 3-3/4 cups.
	No. 10 can	65. 00 130. 00	1/2 cup cooked 1/4 cup cooked	1-3/4 1	
ASPARAGUS Fresh	Pound	2. 51	1/2 cup cooked spears (about 4 medium)	40	1 lb. AP=0.56 lb. ready-to-cook.
	Pound	3. 60 7. 20	1/2 cup cooked cuts and tips. 1/4 cup cooked cuts and tips.	28 14	1 lb. AP=0.49 lb. cooked.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>ASPARAGUS—Continued</b>					
Canned Spears	No. 10 can	19. 00	1/2 cup vegetable (about 6 spears)	5-1/2	
	No. 300 can	2. 69	1/2 cup vegetable (about 6 spears)	37-1/4	
	Pound	2. 95	1/2 cup vegetable	34	
Cuts and tips	No. 10 can	19. 00 38. 00	1/2 cup vegetable 1/4 cup vegetable	5-1/2 2-3/4	
	No. 300 can	2. 66 5. 32	1/2 cup vegetable 1/4 cup vegetable	37-3/4 19	
	Pound	2. 99	1/2 cup vegetable	33-1/2	
<b>Frozen</b>					
Spears	2-1/2-lb. pkg	10. 03	1/2 cup cooked spears (about 4 medium)	10	
	Pound	4. 01	1/2 cup cooked spears	25	
Cuts and tips	2-1/2-lb. pkg	10. 03 20. 06	1/2 cup cooked 1/4 cup cooked	10 5	
	Pound	4. 01 8. 02	1/2 cup cooked 1/4 cup cooked	25 12-1/2	
<b>AVOCADOS</b>					
Fresh	Pound	4. 88 9. 76	1/2 cup raw cubed, sliced or wedged. 1/4 cup raw cubed, sliced or wedged.	20-1/2 10-1/4	1 lb. AP=0.75 lb. ready-to-serve raw.
<b>BANANAS</b>					
Fresh	Pound	3. 00	1 medium banana (about 2/3 cup)	33-1/2	1 lb. AP=0.68 lb. ready-to-serve raw.
	Pound	4. 39 8. 78	1/2 cup sliced 1/4 cup sliced	23 11-1/2	
<b>BEANS, GREEN OR WAX</b>					
Fresh	Pound	5. 44 10. 88	1/2 cup cooked 1/4 cup cooked	18-1/2 9-1/4	1 lb. AP=0.88 lb. ready-to-cook.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BEANS, GREEN OR WAX—Con.</b>					
<b>Canned</b> -----	<b>No. 10 can</b> -----	<b>24. 00</b> <b>48. 00</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>4-1/4</b> <b>2-1/4</b>	
	<b>No. 2-1/2 can</b> ---	<b>6. 64</b> <b>13. 28</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>15-1/4</b> <b>7-3/4</b>	
	<b>No. 303 can</b> -----	<b>3. 72</b> <b>7. 44</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>27</b> <b>13-1/2</b>	
	<b>Pound</b> -----	<b>3. 85</b>	<b>1/2 cup vegetable</b> -----	<b>26</b>	
<b>Frozen</b> -----	<b>2-1/2-lb. pkg</b> ---	<b>14. 74</b> <b>29. 48</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>7</b> <b>3-1/2</b>	
	<b>Pound</b> -----	<b>5. 89</b> <b>11. 78</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>17</b> <b>8-1/2</b>	
<b>BEANS, LIMA</b>					
<b>Fresh</b>					
<b>In pod</b> -----	<b>Pound</b> -----	<b>2. 14</b> <b>4. 28</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>46-3/4</b> <b>23-1/2</b>	<b>1 lb. AP=0.39 lb.</b> <b>ready-to-cook.</b>
<b>Shelled</b> -----	<b>Pound</b> -----	<b>5. 46</b> <b>10. 92</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>18-1/2</b> <b>9-1/4</b>	
<b>Canned</b>					
<b>Green</b> -----	<b>No. 10 can</b> -----	<b>24. 00</b> <b>48. 00</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>4-1/4</b> <b>2-1/4</b>	
	<b>No. 303 can</b> -----	<b>3. 68</b> <b>7. 36</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>27-1/4</b> <b>13-3/4</b>	
	<b>Pound</b> -----	<b>3. 67</b>	<b>1/2 cup vegetable</b> -----	<b>27-1/4</b>	
<b>Frozen</b> -----	<b>2-1/2-lb. pkg</b> ---	<b>13. 38</b> <b>26. 76</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>7-1/2</b> <b>3-3/4</b>	
	<b>Pound</b> -----	<b>5. 35</b> <b>10. 70</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>18-3/4</b> <b>9-1/2</b>	
<b>BEAN SPROUTS</b>					
<b>Canned</b> -----	<b>No. 10 can</b> -----	<b>24. 00</b> <b>48. 00</b>	<b>1/2 cup vegetable</b> ----- <b>1/4 cup vegetable</b> -----	<b>4-1/4</b> <b>2-1/4</b>	<b>1 can=12 cups</b> <b>vegetable.</b>
	<b>Pound</b> -----	<b>3. 84</b>	<b>1/2 cup vegetable</b> -----	<b>26-1/4</b>	
<b>BEET GREENS</b>					
<b>Fresh</b>					
<b>Untrimmed</b> -----	<b>Pound</b> -----	<b>2. 37</b> <b>4. 74</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>42-1/4</b> <b>21-1/4</b>	<b>1 lb. AP=0.56 lb.</b> <b>ready-to-cook.</b>



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BEETS</b>					
<b>Fresh</b>					
Without tops.....	Pound.....	3. 76 7. 52	1/2 cup cooked diced or sliced. 1/4 cup cooked diced or sliced.	26-3/4 13-1/2	1 lb. AP=0.76 lb. cooked.
<b>Canned</b>					
<b>Diced</b> .....	No. 10 can.....	24. 00 48. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/4 2-1/4	
	No. 303 can.....	3. 58 7. 16	1/2 cup vegetable..... 1/4 cup vegetable.....	28 14	
	Pound.....	3. 78	1/2 cup vegetable.....	26-1/2	
<b>Sliced</b> .....	No. 10 can.....	23. 00 46. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/2 2-1/4	
	No. 303 can.....	3. 33 6. 66	1/2 cup vegetable..... 1/4 cup vegetable.....	30-1/4 15-1/4	
	Pound.....	3. 57	1/2 cup vegetable.....	28-1/4	
<b>Whole</b> (baby beets).....	No. 10 can.....	23. 00 46. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/2 2-1/4	
	No. 303 can.....	3. 41 6. 82	1/2 cup vegetable..... 1/4 cup vegetable.....	29-1/2 14-3/4	
	Pound.....	3. 62	1/2 cup vegetable.....	27-3/4	
<b>BLACKBERRIES</b>					
<b>Fresh</b> .....	Quart..... (1.42 lb.)	9. 05 18. 10	1/2 cup raw berries..... 1/4 cup raw berries.....	11-1/4 5-3/4	1 qt. AP=4-1/2 cups (1.35 lb.) ready-to-serve raw.
	Pound.....	6. 39 12. 78	1/2 cup raw berries..... 1/4 cup raw berries.....	15-3/4 8	1 lb. AP=0.95 lb. ready-to-serve raw.
	Quart..... (1.42 lb.)	4. 52 9. 04	1/2 cup cooked..... 1/4 cup cooked.....	22-1/4 11-1/4	
	Pound.....	3. 18 6. 36	1/2 cup cooked..... 1/4 cup cooked.....	31-1/2 15-3/4	1 lb. AP=0.93 lb. cooked.
<b>Canned</b> .....	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=7-1/2 cups drained fruit.
	No. 303 can.....	3. 64 7. 28	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	27-1/2 13-3/4	
	Pound.....	3. 65	1/2 cup fruit and juice.....	27-1/2	
<b>Frozen</b> .....	30-lb. can.....	113. 00 226. 00	1/2 cup cooked..... 1/4 cup cooked.....	1 1/2	
	Pound.....	3. 75 7. 50	1/2 cup cooked..... 1/4 cup cooked.....	26-3/4 13-1/2	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BLACKEYE PEAS</b>					
Fresh					
Shelled.....	Pound.....	4. 83 9. 66	1/2 cup cooked..... 1/4 cup cooked.....	20-3/4 10-1/2	1 lb. AP=0.93 lb. cooked.
Canned					
Green.....	No. 10 can.....	20. 00 40. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	5 2-1/2	
	No. 303 can.....	3. 03 6. 06	1/2 cup vegetable..... 1/4 cup vegetable.....	33 16-1/2	
	Pound.....	3. 05	1/2 cup vegetable.....	33	
Frozen.....	2-1/2-lb. pkg.....	14. 42 28. 84	1/2 cup cooked..... 1/4 cup cooked.....	7 3-1/2	
	Pound.....	5. 77 11. 54	1/2 cup cooked..... 1/4 cup cooked.....	17-1/2 8-3/4	
<b>BLUEBERRIES</b>					
Fresh.....	Pint (1 lb.)	5. 49 10. 98	1/2 cup raw berries..... 1/4 cup raw berries.....	18-1/4 9-1/4	1 lb. AP=2-3/4 cups (0.92 lb.) ready-to-serve raw.
Canned.....	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=8 cups drained fruit.
	No. 300 can.....	3. 33 6. 66	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	30-1/4 15-1/4	
	Pound.....	3. 68	1/2 cup fruit and juice.....	27-1/4	
Frozen.....	25-lb. can.....	99. 00 198. 00	1/2 cup cooked..... 1/4 cup cooked.....	1-1/4 1/2	
	2-1/2-lb. pkg.....	9. 93 19. 86	1/2 cup cooked..... 1/4 cup cooked.....	10-1/4 5-1/4	
	Pound.....	3. 97 7. 94	1/2 cup cooked..... 1/4 cup cooked.....	25-1/4 12-3/4	
<b>BOYSENBERRIES</b>					
Canned.....	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=7-1/2 cups drained fruit.
	No. 303 can.....	3. 64 7. 28	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	27-1/2 13-3/4	
	Pound.....	3. 65	1/2 cup fruit and juice.....	27-1/2	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>BROCCOLI</b>					
Fresh	Pound	3. 23	1/2 cup cooked spears (about 2 medium)	31	1 lb. AP=0.61 lb. ready-to-cook.
	Pound	3. 14 6. 28	1/2 cup cooked cuts 1/4 cup cooked cuts	32 16	
Frozen					
Spears	2-1/2-lb. pkg	11. 07	1/2 cup cooked spears (about 2 medium)	9-1/4	
	Pound	4. 43	1/2 cup cooked spears	22-3/4	
Cut or chopped	2-1/2-lb. pkg	10. 76 21. 52	1/2 cup cooked 1/4 cup cooked	9-1/2 4-3/4	
	Pound	4. 30 8. 60	1/2 cup cooked 1/4 cup cooked	23-1/2 11-3/4	
<b>BRUSSELS SPROUTS</b>					
Fresh	Pound	4. 42 8. 84	1/2 cup cooked 1/4 cup cooked	22-3/4 11-1/2	1 lb. AP=0.74 lb. ready-to-cook.
Frozen	2-1/2-lb. pkg	13. 76 27. 52	1/2 cup cooked 1/4 cup cooked	7-1/2 3-3/4	
	Pound	5. 51 11. 02	1/2 cup cooked 1/4 cup cooked	18-1/4 9-1/4	
<b>CABBAGE</b>					
Fresh	Head (1 lb.)	8. 00	1/8 small head (about 1/2 cup)	12-1/2	1 lb. AP=0.79 lb. ready-to-cook or serve raw.
	Pound	9. 50 19. 00	1/2 cup raw shredded 1/4 cup raw shredded	10-3/4 5-1/2	
	Pound	7. 18 14. 36	1/2 cup raw chopped 1/4 cup raw chopped	14 7	
	Pound	6. 25 12. 50	1/2 cup for slaw 1/4 cup for slaw	16 8	1 lb. AP=0.79 lb. ready-to-cook shredded.
	Pound	4. 60 9. 20	1/2 cup cooked shredded 1/4 cup cooked shredded	21-3/4 11	
	Pound	4. 09 8. 18	1/2 cup cooked wedges 1/4 cup cooked wedges	24-1/2 12-1/4	1 lb. AP=0.84 lb. ready-to-cook wedges.
<b>CABBAGE, CHINESE</b>					
Fresh	Pound	8. 00 16. 00	1/2 cup raw pieces 1/4 cup raw pieces	12-1/2 6-1/4	1 lb. AP=0.88 lb. ready-to-serve raw.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>CANTALOUPE</b> Fresh .....	Melon .....	4.00	1/4 small melon .....	25	1 lb. AP=0.50 lb. ready-to-serve raw.
	(1-1/2 lb.)		(about 1/2 cup)		
	Pound .....	2.75 5.50	1/2 cup cubed or diced ... 1/4 cup cubed or diced ...	36-1/2 18-1/4	
<b>CARROTS</b> Fresh Without tops .....	Pound .....	6.05	1/2 cup raw strips .....	16-3/4	1 lb. AP=0.82 lb. ready-to-cook or serve raw.
		12.10	(about 12 strips— 4 x 1/2 inch) 1/4 cup raw strips .....	8-1/2	
	Pound .....	6.34 12.68	1/2 cup raw shredded .....	16 8	
			1/4 cup raw shredded .....		
	Pound .....	5.40 10.80	1/2 cup raw diced or sliced.	18-3/4 9-1/2	1 lb. AP=0.75 lb. cooked.
			1/4 cup raw diced or sliced.		
	Pound .....	4.26 8.52	1/2 cup cooked diced or sliced.	23-1/2 11-3/4	
			1/4 cup cooked diced or sliced.		
Canned .....	No. 10 can .....	24.00 48.00	1/2 cup vegetable .....	4-1/4 2-1/4	
			1/4 cup vegetable .....		
	No. 303 can .....	3.63 7.26	1/2 cup vegetable .....	27-3/4 14	
			1/4 cup vegetable .....		
Frozen .....	2-1/2-lb. pkg .....	13.62 27.24	1/2 cup cooked .....	7-1/2 3-3/4	
			1/4 cup cooked .....		
	Pound .....	5.45 10.90	1/2 cup cooked .....	18-1/2 9-1/4	
			1/4 cup cooked .....		
<b>CAULIFLOWER</b> Fresh .....	Pound .....	3.93	1/2 cup raw slices or pieces.	25-1/2	1 lb. AP=0.45 lb. ready-to-cook or serve raw.
		7.86	1/4 cup raw slices or pieces.	12-3/4	
	Pound .....	2.89 5.78	1/2 cup cooked flowerets ..	34-3/4 17-1/2	1 lb. AP=0.44 lb. cooked.
			1/4 cup cooked flowerets ..		
Frozen .....	2-1/2-lb. pkg .....	11.88 23.76	1/2 cup cooked .....	8-1/2 4-1/4	
			1/4 cup cooked .....		
	Pound .....	4.75 9.50	1/2 cup cooked .....	21-1/4 10-3/4	



# VEGETABLES, FRUITS

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<b>CELERY</b> Fresh	Pound	5.38	1/2 cup raw sticks or strips. (about 8 sticks— 4 x 1/2 inch)	18-3/4	
		10.76	1/4 cup raw sticks or strips.	9-1/2	
	Pound	5.50	1/2 cup raw chopped or cubed.	18-1/4	1 lb. AP=0.75 lb. ready-to-cook or serve raw.
		11.00	1/4 cup raw chopped or cubed.	9-1/4	
	Pound	3.67	1/2 cup raw sliced	27-1/4	1 lb. AP=0.70 lb. cooked.
		7.34	1/4 cup raw sliced	13-3/4	
	Pound	4.55	1/2 cup cooked chopped	22	
		9.10	1/4 cup cooked chopped	11	
	Pound	4.19	1/2 cup cooked cubed	24	
		8.38	1/4 cup cooked cubed	12	
<b>CHARD</b> Fresh Untrimmed	Pound	2.78	1/2 cup cooked	36	1 lb. AP=0.77 lb. ready-to-cook.
		5.56	1/4 cup cooked	18	
<b>CHERRIES</b> Fresh All varieties	Pound	5.14	1/2 cup, heaping, raw whole cherries. (1/2 cup pitted)	19-1/2	1 lb. AP=0.89 lb. ready-to-serve raw.
<b>Canned</b> Red, tart, pitted	No. 10 can	24.00 48.00	1/2 cup fruit and juice 1/4 cup fruit and juice	4-1/4 2-1/4	1 can=10 cups drained fruit.
	No. 303 can	3.65 7.30	1/2 cup fruit and juice 1/4 cup fruit and juice	27-1/2 13-3/4	
	Pound	3.65	1/2 cup fruit and juice	27-1/2	
<b>Sweet</b>	No. 10 can	24.00 48.00	1/2 cup fruit and juice 1/4 cup fruit and juice	4-1/4 2-1/4	1 can=10 cups drained fruit.
	No. 2-1/2 can	6.49 12.98	1/2 cup fruit and juice 1/4 cup fruit and juice	15-1/2 7-3/4	
	No. 303 can	3.58 7.16	1/2 cup fruit and juice 1/4 cup fruit and juice	28 14	
	Pound	3.58	1/2 cup fruit and juice	28	
<b>Frozen</b> Red, tart, pitted	30-lb. can	99.00 198.00	1/2 cup cooked 1/4 cup cooked	1-1/4 1/2	1 lb. AP=3/4 cup drained fruit.
	Pound	3.30 6.60	1/2 cup cooked 1/4 cup cooked	30-1/2 15-1/4	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>CHOP SUEY VEGETABLES</b>					
Canned	No. 10 can	24. 00 48. 00	1/2 cup vegetable 1/4 cup vegetable	4-1/4 2-1/4	1 can=8 cups drained vegetable.
	Pound	3. 86	1/2 cup vegetable	26	
<b>COLLARDS</b>					
Fresh Untrimmed	Pound	4. 22 8. 44	1/2 cup cooked 1/4 cup cooked	23-3/4 12	1 lb. AP=0.70 lb. ready-to-cook.
Canned	No. 10 can	15. 00 30. 00	1/2 cup vegetable 1/4 cup vegetable	6-3/4 3-1/2	
	No. 303 can	2. 69 5. 38	1/2 cup vegetable 1/4 cup vegetable	37-1/4 18-3/4	
	Pound	2. 45	1/2 cup vegetable	41	
Frozen	3-lb. pkg	13. 92 27. 84	1/2 cup cooked 1/4 cup cooked	7-1/4 3-3/4	
	Pound	4. 64 9. 28	1/2 cup cooked 1/4 cup cooked	21-3/4 11	
<b>CORN</b>					
Fresh With husks	Pound	2. 00	1 medium ear (about 1/2 cup cooked)	50	1 lb. AP=0.37 lb. edible portion cooked.
	Pound	2. 14 4. 28	1/2 cup cooked 1/4 cup cooked	46-3/4 23-1/2	
Without husks	Pound	3. 00	1 medium ear (about 1/2 cup cooked)	33-1/2	
	Pound	3. 30 6. 60	1/2 cup cooked 1/4 cup cooked	30-1/2 15-1/4	1 lb. AP=0.55 lb. raw cut corn.
Canned Cream style	No. 10 can	23. 00 46. 00	1/2 cup vegetable 1/4 cup vegetable	4-1/2 2-1/4	
	No. 303 can	3. 55 7. 10	1/2 cup vegetable 1/4 cup vegetable	28-1/4 14-1/4	
	Pound	3. 55	1/2 cup vegetable	28-1/4	
Whole kernel	No. 10 can	22. 00 44. 00	1/2 cup vegetable 1/4 cup vegetable	4-3/4 2-1/2	
	No. 303 can	3. 28 6. 56	1/2 cup vegetable 1/4 cup vegetable	30-1/2 15-1/4	
	Pound	3. 31	1/2 cup vegetable	30-1/4	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>CORN—Continued</b> Frozen Whole kernel .....	2-1/2-lb. pkg.....  Pound .....	12. 12 24. 24  4. 85 9. 70	1/2 cup cooked .....	8-1/4 4-1/4	
			1/4 cup cooked .....		
			1/2 cup cooked .....	20-3/4	
			1/4 cup cooked .....	10-1/2	
<b>CRANBERRIES</b> Fresh .....	Pound .....	8. 04 16. 08	1/2 cup raw chopped .....	12-1/2	1 lb. AP=0.96 lb. ready-to-cook or serve raw.
			1/4 cup raw chopped .....	6-1/4	
	Pound .....	6. 54 13. 08	1/2 cup cooked .....	15-1/2	
			1/4 cup cooked .....	7-3/4	
<b>CRANBERRY SAUCE</b> Canned .....	No. 10 can .....	24. 00 48. 00	1/2 cup fruit .....	4-1/4	1 can=12 cups fruit.
			1/4 cup fruit .....	2-1/4	
	No. 300 can .....	3. 35 6. 70	1/2 cup fruit .....	30	
			1/4 cup fruit .....	15	
	Pound .....	3. 36	1/2 cup fruit .....	30	
<b>CUCUMBERS</b> Fresh .....	Pound .....	5. 96 11. 92	1/2 cup unpared sliced .....	17	1 lb. AP=0.95 lb. ready-to-serve raw.
			1/4 cup unpared sliced .....	8-1/2	
	Pound .....	4. 13 8. 26	1/2 cup pared diced .....	24-1/4	1 lb. AP=0.73 lb. ready-to-serve raw.
			1/4 cup pared diced .....	12-1/4	
	Pound .....	4. 37 8. 74	1/2 cup pared sliced .....	23	
			1/4 cup pared sliced .....	11-1/2	
<b>DATES</b> Dehydrated Regular dried .....	Pound .....	4. 83 9. 66	1/2 cup dry fruit .....	20-3/4	1 lb. dry measures 2-1/2 cups.
			1/4 cup dry fruit .....	10-1/2	
Low moisture .....	Pound .....	7. 24 14. 48	1/2 cup dry fruit .....	14	1 lb. dry measures 3-1/2 cups.
			1/4 cup dry fruit .....	7	
<b>EGGPLANT</b> Fresh .....	Pound .....	3. 25 6. 50	1/2 cup cooked cubed .....	31	1 lb. AP=0.81 lb. ready-to-cook.
			1/4 cup cooked cubed .....	15-1/2	
<b>ENDIVE, CHICORY, ESCA- ROLE.</b> Fresh .....	Pound .....	8. 40 16. 80	1/2 cup for salad .....	12	1 lb. AP=0.74 lb. ready-to-serve raw.
			1/4 cup for salad .....	6	

# VEGETABLES, FRUITS

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<b>FIGS</b>					
<b>Fresh</b> -----	<b>Pound</b> -----	<b>4. 00</b>	<b>3 small raw figs</b> ----- <b>(about 1/2 cup)</b>	<b>25</b>	
<b>Canned</b> -----	<b>No. 10 can</b> -----	<b>25. 00</b> <b>50. 00</b>	<b>1/2 cup fruit and juice</b> ----- <b>(about 2-1/2 figs)</b> <b>1/4 cup fruit and juice</b> -----	<b>4</b> <b>2</b>	<b>1 can=about 8 cups drained fruit.</b>
	<b>No. 2-1/2 can</b> ---	<b>6. 85</b> <b>13. 70</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>14-3/4</b> <b>7-1/2</b>	
	<b>No. 303 can</b> -----	<b>3. 88</b> <b>7. 76</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>26</b> <b>13</b>	
	<b>Pound</b> -----	<b>3. 65</b>	<b>1/2 cup fruit and juice</b> -----	<b>27-1/2</b>	
<b>FRUIT COCKTAIL</b>					
<b>Canned</b> -----	<b>No. 10 can</b> -----	<b>24. 00</b> <b>48. 00</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>4-1/4</b> <b>2-1/4</b>	<b>1 can=about 8-3/4 cups drained fruit.</b>
	<b>No. 2-1/2 can</b> ---	<b>6. 70</b> <b>13. 40</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>15</b> <b>7-1/2</b>	
	<b>No. 303 can</b> -----	<b>3. 79</b> <b>7. 58</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>26-1/2</b> <b>13-1/4</b>	
	<b>Pound</b> -----	<b>3. 57</b>	<b>1/2 cup fruit and juice</b> -----	<b>28-1/4</b>	
<b>Dehydrated</b>					
<b>Low moisture</b> -----	<b>Pound</b> -----	<b>20. 02</b> <b>40. 04</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>5</b> <b>2-1/2</b>	<b>1 lb. dry measures 4-1/4 cups.</b>
<b>(mix)</b>					
	<b>No. 10 can</b> ----- <b>(2-3/4 lb.)</b>	<b>55. 00</b> <b>110. 00</b>	<b>1/2 cup cooked</b> ----- <b>1/4 cup cooked</b> -----	<b>2</b> <b>1</b>	
<b>FRUIT FOR SALAD</b>					
<b>Canned</b> -----	<b>No. 10 can</b> -----	<b>24. 00</b> <b>48. 00</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>4-1/4</b> <b>2-1/4</b>	<b>1 can=8 cups drained fruit.</b>
	<b>No. 2-1/2 can</b> ---	<b>6. 70</b> <b>13. 40</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>15</b> <b>7-1/2</b>	
	<b>No. 303 can</b> -----	<b>3. 79</b> <b>7. 58</b>	<b>1/2 cup fruit and juice</b> ----- <b>1/4 cup fruit and juice</b> -----	<b>26-1/2</b> <b>13-1/4</b>	
	<b>Pound</b> -----	<b>3. 57</b>	<b>1/2 cup fruit and juice</b> -----	<b>28-1/4</b>	
<b>GRAPEFRUIT</b>					
<b>Fresh</b> -----	<b>Pound</b> -----	<b>1. 73</b> <b>3. 46</b>	<b>1/2 cup sections without membrane.</b> <b>1/4 cup sections without membrane.</b>	<b>58</b> <b>29</b>	<b>1 lb. AP=0.47 lb. ready-to-serve raw.</b>
	<b>Pound</b> -----	<b>1. 60</b> <b>3. 20</b>	<b>1/2 cup juice</b> ----- <b>1/4 cup juice</b> -----	<b>62-1/2</b> <b>31-1/4</b>	<b>1 lb. AP=0.44 lb. (3/4 cup) juice.</b>



# VEGETABLES, FRUITS

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<b>GRAPEFRUIT SECTIONS</b>					
<b>Canned</b> -----	No. 3 Cyl.-----	11. 50 23. 00	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	8-3/4 4-1/2	1 can=about 4 cups drained fruit.
	No. 300 can-----	3. 34 6. 68	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	30 15	
	Pound-----	3. 69	1/2 cup fruit and juice-----	27-1/4	
<b>Frozen</b> -----	3-lb. can-----	11. 06 22. 12	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	9-1/4 4-3/4	
	Pound-----	3. 69 7. 38	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	27-1/4 13-3/4	
<b>GRAPES</b>					
<b>Fresh</b>					
Seedless-----	Pound-----	5. 10 10. 20	1/2 cup raw grapes----- 1/4 cup raw grapes-----	19-3/4 10	1 lb. AP=0.94 lb. ready-to-serve raw.
Other----- (with seeds)	Pound-----	4. 16 8. 32	1/2 cup raw seeded----- halves. 1/4 cup raw seeded halves.	24-1/4 12-1/4	1 lb. AP=0.89 lb. raw seeded.
<b>HONEYDEW MELON</b>					
<b>Fresh</b> -----	Pound-----	3. 02 6. 04	1/2 cup cubed or diced--- 1/4 cup cubed or diced---	33-1/4 16-3/4	1 lb. AP=0.60 lb. ready-to-serve raw.
<b>KALE</b>					
<b>Fresh</b>					
Untrimmed-----	Pound-----	5. 27 10. 54	1/2 cup cooked----- 1/4 cup cooked-----	19 9-1/2	1 lb. AP=0.74 lb. ready-to-cook.
<b>Canned</b> -----	No. 10 can-----	15. 00 30. 00	1/2 cup vegetable----- 1/4 cup vegetable-----	6-3/4 3-1/2	
	No. 2-1/2 can---	4. 70 9. 40	1/2 cup vegetable----- 1/4 cup vegetable-----	21-1/2 10-3/4	
	No. 303 can-----	2. 66 5. 32	1/2 cup vegetable----- 1/4 cup vegetable-----	37-3/4 19	
	Pound-----	2. 43	1/2 cup vegetable-----	41-1/4	
<b>Frozen</b> -----	3-lb. pkg-----	11. 34 22. 68	1/2 cup cooked----- 1/4 cup cooked-----	9 4-1/2	
	Pound-----	3. 78 7. 56	1/2 cup cooked----- 1/4 cup cooked-----	26-1/2 13-1/4	



# VEGETABLES, FRUITS

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<b>KOHLRABI</b> Fresh-----	Pound-----	2. 56 5. 12	1/2 cup cooked cuts or pieces. 1/4 cup cooked cuts or pieces.	39-1/4 19-3/4	1 lb. AP=0.54 lb. ready-to-cook.
<b>LEMONS</b> Fresh-----	Pound-----	1. 58 3. 16	1/2 cup juice----- 1/4 cup juice-----	63-1/2 31-3/4	1 lb. AP=0.43 lb. (3/4 cup) juice.
<b>LETTUCE, HEAD</b> Fresh-----	Pound-----	12. 60 25. 20	1/2 cup raw pieces----- 1/4 cup raw pieces-----	8 4	1 lb. AP=0.74 lb. ready-to-serve raw.
	Pound-----	8. 40 16. 80	1/2 cup for salad----- 1/4 cup for salad-----	12 6	
<b>LETTUCE, LEAF</b> Fresh-----	Pound-----	12. 61 25. 22	1/2 cup raw pieces----- 1/4 cup raw pieces-----	8 4	1 lb. AP=0.67 lb. ready-to-serve raw.
	Pound-----	8. 40 16. 80	1/2 cup for salad----- 1/4 cup for salad-----	12 6	
<b>LETTUCE, ROMAINE</b> Fresh-----	Pound-----	12. 19 24. 38	1/2 cup raw pieces----- 1/4 cup raw pieces-----	8-1/4 4-1/4	1 lb. AP=0.64 lb. ready-to-serve raw.
	Pound-----	8. 12 16. 24	1/2 cup for salad----- 1/4 cup for salad-----	12-1/2 6-1/4	
<b>LIMES</b> Fresh-----	Pound-----	1. 58 3. 16	1/2 cup juice----- 1/4 cup juice-----	63-1/2 31-3/4	1 lb. AP=0.43 lb. (3/4 cup) juice.
<b>MANGOES</b> Fresh-----	Pound-----	3. 44 6. 88	1/2 cup cubed or sliced--- 1/4 cup cubed or sliced---	29-1/4 14-3/4	1 lb. AP=0.67 lb. ready-to-serve raw.
<b>MUSHROOMS</b> Fresh-----	Pound-----	4. 11 8. 22	1/2 cup cooked sliced----- 1/4 cup cooked sliced-----	24-1/2 12-1/4	1 lb. AP=0.97 lb. ready-to-cook.
<b>Canned</b> -----	No. 10 can-----	24. 00 48. 00	1/2 cup serving----- 1/4 cup serving-----	4-1/4 2-1/4	
	No. 8 Z----- (12-1/2 oz.)	2. 83 5. 66	1/2 cup serving----- 1/4 cup serving-----	35-1/2 17-3/4	
	Pound-----	3. 73	1/2 cup serving-----	27	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>MUSTARD GREENS</b>					
Fresh.....	Pound.....	2.45 4.90	1/2 cup cooked..... 1/4 cup cooked.....	41 20-1/2	1 lb. AP=0.70 lb. ready-to-cook.
Canned.....	No. 10 can.....	15.00 30.00	1/2 cup vegetable..... 1/4 cup vegetable.....	6-3/4 3-1/2	
	No. 2-1/2 can....	4.92 9.84	1/2 cup vegetable..... 1/4 cup vegetable.....	20-1/2 10-1/4	
	No. 303 can.....	2.78 5.56	1/2 cup vegetable..... 1/4 cup vegetable.....	36 18	
	Pound.....	2.54	1/2 cup vegetable.....	39-1/2	
Frozen.....	3-lb. pkg.....	10.61 21.22	1/2 cup cooked..... 1/4 cup cooked.....	9-1/2 4-3/4	
	Pound.....	3.54 7.08	1/2 cup cooked..... 1/4 cup cooked.....	28-1/4 14-1/4	
<b>NECTARINES</b>					
Fresh.....	Pound.....	4.00	1 medium raw nectarine (about 1/2 cup)	25	1 lb. AP=0.86 lb. ready-to-serve raw.
<b>OKRA</b>					
Fresh.....	Pound.....	4.58 9.16	1/2 cup cooked..... 1/4 cup cooked.....	22 11	1 lb. AP=0.78 lb. ready-to-cook.
Canned.....	No. 10 can.....	20.00 40.00	1/2 cup vegetable..... 1/4 cup vegetable.....	5 2-1/2	
	No. 303 can.....	3.55 7.10	1/2 cup vegetable..... 1/4 cup vegetable.....	28-1/4 14-1/4	
	Pound.....	3.27	1/2 cup vegetable.....	30-3/4	
Frozen.....	3-lb. pkg.....	11.75 23.50	1/2 cup cooked..... 1/4 cup cooked.....	8-3/4 4-1/2	
	Pound.....	3.92 7.84	1/2 cup cooked..... 1/4 cup cooked.....	25-3/4 13	
<b>OKRA WITH TOMATOES</b>					
Canned.....	No. 10 can.....	24.00 48.00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/4 2-1/4	
	No. 303 can.....	3.69 7.38	1/2 cup vegetable..... 1/4 cup vegetable.....	27-1/4 13-3/4	
	Pound.....	3.81	1/2 cup vegetable.....	26-1/4	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>OLIVES</b>					
<b>Canned</b>					
<b>Large</b>					
Ripe pitted	No. 10 can	108. 00	3 olives (about 2 tbsp. sliced)	1	About 91-105 large olives weigh 1 lb.
	Pound (drained)	6. 67	1/2 cup sliced	15	
Ripe whole	No. 10 can	132. 00	3 olives		
	No. 1 tall	18. 00	3 olives	5-3/4	
Large					
Green whole	Gallon	176. 00	3 olives		
	Pound (drained)	5. 00	1/2 cup sliced	20	
<b>ONIONS, GREEN</b>					
Fresh	Pound	6. 68 13. 36	1/2 cup raw chopped 1/4 cup raw chopped	15 7-1/2	1 lb. AP=0.63 lb. ready-to-serve raw.
<b>ONIONS, MATURE</b>					
Fresh	Pound	5. 07 10. 14	1/2 cup raw chopped 1/4 cup raw chopped	19-3/4 10	1 lb. AP=0.89 lb. ready-to-cook or serve raw.
	Pound	7. 42 14. 84	1/2 cup raw sliced 1/4 cup raw sliced	13-1/2 6-3/4	
	Pound	3. 52 7. 04	1/2 cup cooked pieces 1/4 cup cooked pieces	28-1/2 14-1/4	1 lb. AP=0.76 lb. cooked.
	Pound	3. 24 6. 48	1/2 cup cooked whole 1/4 cup cooked whole	31 15-1/2	
Fresh, Pearl	Pound	3. 84 7. 68	1/2 cup cooked whole 1/4 cup cooked whole	26-1/4 13-1/4	
<b>Dehydrated</b>					
Low moisture, slices	Pound	25. 76 51. 52	1/2 cup reconstituted 1/4 cup reconstituted	4 2	1 lb. dry (6-3/4 cups)=13 cups reconstituted 1/2 hour.
<b>ORANGES</b>					
Fresh					
Size 250	Pound	3. 00	1 small orange (about 1/2 cup fruit and juice)	33-1/2	
Size 163	Pound	2. 00	1 medium orange (about 2/3 cup fruit and juice)	50	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>ORANGES—Continued</b> <b>Fresh—Continued</b> All sizes-----	Pound-----	2. 82	1/2 cup sections with membrane.	35-1/2	1 lb. AP=0.70 lb. ready-to-serve.
		5. 64	1/4 cup sections with membrane.	17-3/4	
	Pound-----	2. 26	1/2 cup sections without membrane.	44-1/4	1 lb. AP=0.56 lb. ready-to-serve.
		4. 52	1/4 cup sections without membrane.	22-1/4	
	Pound-----	1. 83	1/2 cup juice-----	54-3/4	1 lb. AP=0.50 lb. (1 cup) juice.
		3. 66	1/4 cup juice-----	27-1/2	
<b>Canned</b> <b>Mandarin</b> -----	No. 10 can----	25. 00	1/2 cup fruit and juice----	4	1 can=about 9 cups drained fruit.
		50. 00	1/4 cup fruit and juice----	2	
	Pound-----	4. 03	1/2 cup fruit and juice----	25	
<b>PARSLEY</b> <b>Fresh</b> -----	Pound-----	21. 76	1/2 cup chopped-----	4-3/4	1 lb. AP=0.68 lb. ready-to-serve raw.
<b>PARSNIPS</b> <b>Fresh</b> -----	Pound-----	3. 95	1/2 cup cooked pieces----	25-1/2	1 lb. AP=0.85 lb. ready-to-cook.
		7. 90	1/4 cup cooked pieces----	12-3/4	
<b>PEACHES</b> <b>Fresh</b> -----	Pound-----	4. 00	1 medium raw peach----- (about 1/2 cup)	25	1 lb. AP=0.76 lb. ready-to-cook or serve raw.
	Pound-----	3. 31	1/2 cup raw diced-----	30-1/4	
		6. 62	1/4 cup raw diced-----	15-1/4	
	Pound-----	3. 87	1/2 cup raw sliced-----	26	
		7. 74	1/4 cup raw sliced-----	13	
	Pound-----	3. 61	1/2 cup cooked sliced----	27-3/4	
		7. 22	1/4 cup cooked sliced----	14	
<b>Canned</b> <b>Halves</b> -----	No. 10 can----	24. 00	1/2 cup fruit and juice----- (about 1/2 peach with juice)	4-1/4	1 can=about 8 cups drained fruit.
	No. 2-1/2 can----	6. 47	1/2 cup fruit and juice----- (about 1/2 peach with juice)	15-1/2	
	Pound-----	3. 57	1/2 cup fruit and juice-----	28-1/4	



# VEGETABLES, FRUITS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion	Purchase units for 100 servings	Additional yield information	
(1)	(2)	(3)	(4)	(5)	(6)	
<b>PEACHES—Continued</b> <b>Canned—Continued</b> Sliced-----	No. 10 can-----	24. 00 48. 00	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	4-1/4 2-1/4	1 can=about 8 cups drained fruit.	
	No. 2-1/2 can----	6. 44 12. 88	1/2 cup fruit and juice----- 1/4 cup fruit and juice-----	15-3/4 8		
	Pound-----	3. 56	1/2 cup fruit and juice-----	28-1/4		
	Spiced whole-----	Pound-----	3. 50	2 small peaches----- (about 1/4 cup fruit)	28-3/4	1 lb. AP=about 7 small peaches with sirup.
<b>Frozen</b> Sliced-----	30-lb. can-----	101. 00 202. 00	1/2 cup cooked----- 1/4 cup cooked-----	1 1/2		
	10-lb. can-----	33. 78 67. 56	1/2 cup cooked----- 1/4 cup cooked-----	3 1-1/2		
	6-1/2-lb. pkg----	21. 96 43. 92	1/2 cup cooked----- 1/4 cup cooked-----	4-3/4 2-1/2		
	Pound-----	3. 38 6. 76	1/2 cup cooked----- 1/4 cup cooked-----	29-3/4 15		
<b>Dehydrated</b> <b>Regular dried</b> Halves-----	Pound-----	15. 67 31. 34	1/2 cup cooked----- 1/4 cup cooked-----	6-1/2 3-1/4	1 lb. dry measures about 3 cups.	
	Low moisture Slices-----	Pound-----	19. 51 39. 02	1/2 cup cooked----- 1/4 cup cooked-----	5-1/4 2-3/4	1 lb. dry measures about 4 cups.
	No. 10 can----- (3 lb.)	58. 00 116. 00	1/2 cup cooked----- 1/4 cup cooked-----	1-3/4 1		
<b>PEARS</b> Fresh-----	Pound-----	4. 00	1 small raw pear----- (about 1/2 cup)	25	1 lb. AP=0.78 lb. ready-to-cook or serve raw.	
	Pound-----	3. 68 7. 36	1/2 cup raw cubed----- 1/4 cup raw cubed-----	27-1/4 13-3/4		
	Pound-----	4. 36 8. 72	1/2 cup raw sliced----- 1/4 cup raw sliced-----	23 11-1/2		
	Pound-----	4. 03 8. 06	1/2 cup cooked halves----- 1/4 cup cooked halves-----	25 12-1/2		

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>PEARS—Continued</b> Canned Halves	No. 10 can	24.00	1/2 cup fruit and juice (about 1-1/2 medium halves)	4-1/4	1 can=about 8 cups drained fruit.
	No. 2-1/2 can	6.76	1/2 cup fruit and juice	15	
	No. 303 can	3.73	1/2 cup fruit and juice	27	
	Pound	3.73	1/2 cup fruit and juice	27	
<b>PEAS AND CARROTS</b> Canned	No. 10 can	23.00	1/2 cup vegetable	4-1/2	
		46.00	1/4 cup vegetable	2-1/4	
	No. 303 can	3.51	1/2 cup vegetable	28-1/2	
		7.02	1/4 cup vegetable	14-1/4	
	Pound	3.53	1/2 cup vegetable	28-1/2	
	Frozen	12.52	1/2 cup cooked	8	
		25.04	1/4 cup cooked	4	
	Pound	5.01 10.02	1/2 cup cooked 1/4 cup cooked	20 10	
<b>PEAS, GREEN</b> Fresh	In pod	1.97	1/2 cup cooked	51	1 lb. AP=0.38 lb. ready-to-cook.
		3.94	1/4 cup cooked	25-1/2	
	Shelled	5.24	1/2 cup cooked	19-1/4	
		10.48	1/4 cup cooked	9-3/4	
	Canned	No. 10 can	1/2 cup vegetable	4-1/2	
			1/4 cup vegetable	2-1/4	
		No. 303 can	1/2 cup vegetable	28-3/4	
			1/4 cup vegetable	14-1/2	
		Pound	1/2 cup vegetable	28-3/4	
	Frozen	2-1/2-lb. pkg	1/2 cup cooked	7-3/4	
			1/4 cup cooked	4	
		Pound	1/2 cup cooked	19-1/4	
			1/4 cup cooked	9-3/4	
<b>PEPPERS, GREEN</b> Fresh	Pound	7.90	1/2 cup raw strips (about 1/3 of a large pepper)	12-3/4	1 lb. AP=0.82 lb. ready-to-cook or serve raw.
		15.80	1/4 cup raw strips	6-1/2	
	Pound	4.86	1/2 cup raw chopped or diced.	20-3/4	
		9.72	1/4 cup raw chopped or diced.	10-1/2	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>PEPPERS, GREEN—Continued</b> <b>Fresh—Continued</b>					
	Pound .....	5. 33 10. 66	1/2 cup cooked strips..... 1/4 cup cooked strips.....	19 9-1/2	1 lb. AP=0.75 lb. cooked.
Frozen .....	2-1/2-lb. pkg.....	20. 00 40. 00	1/2 cup raw strips..... 1/4 cup raw strips.....	5 2-1/2	
	Pound .....	8. 00 16. 00	1/2 cup raw strips..... 1/4 cup raw strips.....	12-1/2 6-1/4	
<b>PIMIENTOS</b> <b>Canned</b> <b>Chopped</b> .....	No. 10 can.....	17. 00 34. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	6 3	
	No. 2-1/2 can.....	4. 80 9. 60	1/2 cup vegetable..... 1/4 cup vegetable.....	21 10-1/2	
	Pound .....	2. 55	1/2 cup vegetable.....	39-1/4	
<b>PINEAPPLE</b> <b>Fresh</b> .....	Pound .....	2. 94 5. 88	1/2 cup raw cubed..... 1/4 cup raw cubed.....	34-1/4 17-1/4	1 lb. AP=0.52 lb. ready-to-serve raw.
<b>Canned</b> <b>Chunks, cubes, tidbits</b> .....	No. 10 can.....	25. 00 50. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4 2	1 can=about 9-1/2 cups drained fruit.
	No. 2-1/2 can.....	6. 93 13. 86	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	14-1/2 7-1/4	
	Pound .....	3. 69	1/2 cup fruit and juice.....	27-1/4	
<b>Crushed</b> .....	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=about 9 cups drained fruit.
	No. 2-1/2 can.....	6. 59 13. 18	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	15-1/4 7-3/4	
	Pound .....	3. 52	1/2 cup fruit and juice.....	28-1/2	
<b>Slices</b> .....	No. 10 can.....	25. 00	1/2 cup fruit and juice..... (about 1 large or 2 medium slices)	4	1 can=about 8-1/2 cups drained fruit.
	No. 2-1/2 can.....	6. 93	1/2 cup fruit and juice..... (about 1 large or 2 medium slices)	14-1/2	
	Pound .....	3. 70	1/2 cup fruit and juice.....	27-1/4	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>PINEAPPLE—Continued</b>					
Frozen Chunks.....	30-lb. can.....	111. 00 222. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	1 1/2	
	10-lb. can.....	36. 95 73. 90	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	2-3/4 1-1/2	
	Pound.....	3. 70 7. 40	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	27-1/4 13-3/4	1 lb. AP=0.63 lb. (1-1/2 cups) drained fruit.
<b>PLUMS</b>					
Fresh.....	Pound.....	4. 00	2 medium raw plums..... (about 1/2 cup)	25	1 lb. AP=0.94 lb. ready-to-cook or serve raw.
	Pound.....	4. 67 9. 34	1/2 cup raw halves..... 1/4 cup raw halves.....	21-1/2 10-3/4	
	Pound.....	4. 20 8. 40	1/2 cup raw sliced..... 1/4 cup raw sliced.....	24 12	
	Pound.....	3. 27 6. 54	1/2 cup cooked..... 1/4 cup cooked.....	30-3/4 15-1/2	
Canned Purple, whole.....	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=about 8 cups drained fruit.
	No. 2-1/2 can.....	6. 80 13. 60	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	14-3/4 7-1/2	
	Pound.....	3. 63	1/2 cup fruit and juice.....	27-3/4	
<b>POTATOES</b>					
Fresh.....	Pound.....	4. 00	1 medium whole baked..... (about 1/2 cup)	25	1 lb. AP=0.91 lb. baked incl. skin.
	Pound.....	4. 00	1 medium whole boiled..... (about 1/2 cup)	25	1 lb. AP=0.87 lb. boiled excl. skin.
	Pound.....	4. 61 9. 22	1/2 cup cooked diced or cubed. 1/4 cup cooked diced or cubed.	21-3/4 11	1 lb. AP=0.81 lb. ready-to-cook pared.
	Pound.....	5. 10 10. 20	1/2 cup cooked sliced..... 1/4 cup cooked sliced.....	19-3/4 10	
	Pound.....	3. 45 6. 90	1/2 cup cooked mashed..... 1/4 cup cooked mashed.....	29 14-1/2	
Canned Small, whole.....	No. 10 can.....	23. 00 46. 00	1/2 cup vegetable..... (about 5 potatoes) 1/4 cup vegetable.....	4-1/2 2-1/4	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>POTATOES—Continued</b> Canned—Continued Small, whole—Continued					
	No. 2 can.....	4. 11 8. 22	1/2 cup vegetable..... 1/4 cup vegetable.....	24-1/2 12-1/4	
	Pound.....	3. 67	1/2 cup vegetable.....	27-1/4	
<b>Dehydrated</b> Low moisture Flakes.....	Pound.....	21. 82 43. 64	1/2 cup reconstituted..... 1/4 cup reconstituted.....	4-3/4 2-1/2	1 lb. dry measures 12-1/2 cups.
Granules.....	Pound.....	21. 19 42. 38	1/2 cup reconstituted..... 1/4 cup reconstituted.....	4-3/4 2-1/2	1 lb. dry measures 2-1/4 cups.
<b>PRUNES</b> Canned.....					
	No. 10 can.....	24. 00 48. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	1 can=about 10 cups drained fruit.
	No. 2-1/2 can.....	6. 73 13. 46	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	15 7-1/2	
	Pound.....	3. 58	1/2 cup fruit and juice.....	28	
<b>Dehydrated</b> Regular dried (with pits).....	Pound.....	9. 10	6 large or 7 medium dry prunes. (about 1/2 cup cooked fruit and juice)	11	1 lb. dry measures 2-2/3 cups.
	Pound.....	9. 10 18. 20	1/2 cup cooked..... 1/4 cup cooked.....	11 5-1/2	
<b>Low moisture</b> (pitted, whole).....	Pound.....	16. 99 33. 98	1/2 cup cooked..... 1/4 cup cooked.....	6 3	1 lb. dry measures 4 cups.
	No. 10 can..... (3 lb.)	51. 00 102. 00	1/2 cup cooked..... 1/4 cup cooked.....	2 1	
<b>PUMPKIN</b> Fresh.....	Pound.....	2. 35 4. 70	1/2 cup cooked mashed..... 1/4 cup cooked mashed.....	42-3/4 21-1/2	1 lb. AP=0.70 lb. ready-to-cook.
<b>Canned</b> .....					
	No. 10 can.....	24. 00 48. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/4 2-1/4	
	No. 2-1/2 can.....	6. 76 13. 52	1/2 cup vegetable..... 1/4 cup vegetable.....	15 7-1/2	
	No. 300 can.....	3. 38 6. 76	1/2 cup vegetable..... 1/4 cup vegetable.....	29-3/4 15	
	Pound.....	3. 73	1/2 cup vegetable.....	27	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>RADISHES</b>					
<b>Fresh</b>					
With tops and roots.....	Pound.....	4. 06	1/2 cup whole raw..... (about 7 radishes)	24-3/4	1 lb. AP=0.63 lb. ready-to-serve raw.
	Pound.....	4. 65 9. 30	1/2 cup raw sliced..... 1/4 cup raw sliced.....	21-3/4 10-3/4	
Without tops.....	Pound.....	5. 81	1/2 cup whole raw..... (about 7 radishes)	17-1/4	1 lb. AP=0.90 lb. ready-to-serve raw.
	Pound.....	6. 64 13. 28	1/2 cup raw sliced..... 1/4 cup raw sliced.....	15-1/4 7-3/4	
<b>RAISINS</b>					
<b>Dehydrated</b>					
Regular dried, seedless.....	Pound.....	11. 12	1/4 cup dry raisins..... (about 1/2 cup cooked fruit and juice)	9	1 lb. dry measures about 3 cups.
	Pound.....	11. 12 22. 24	1/2 cup cooked..... 1/4 cup cooked.....	9 4-1/2	
<b>RASPBERRIES</b>					
<b>Fresh</b>					
	Pint..... (3/4 lb.)	4. 77 9. 54	1/2 cup raw whole..... 1/4 cup raw whole.....	21 10-1/2	1 pt. AP=2-1/3 cups (0.73 lb.) ready- to-serve raw.
	Pound.....	6. 47 12. 94	1/2 cup raw whole..... 1/4 cup raw whole.....	15-1/2 7-3/4	1 lb. AP=0.97 lb. ready-to-serve raw.
<b>Canned</b>					
<b>Red</b>	No. 10 can.....	25. 00 50. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4 2	1 can=about 6 cups drained fruit.
	No. 303 can.....	3. 68 7. 36	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	27-1/4 13-3/4	
	Pound.....	3. 68	1/2 cup fruit and juice.....	27-1/4	
<b>Frozen</b>					
<b>Red</b>	30-lb. can.....	110. 00 220. 00	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	1 1/2	
	6-1/2-lb. can.....	23. 91 47. 82	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	4-1/4 2-1/4	
	Pound.....	3. 68 7. 36	1/2 cup fruit and juice..... 1/4 cup fruit and juice.....	27-1/4 13-3/4	
<b>RHUBARB</b>					
<b>Fresh</b>					
Partly trimmed.....	Pound.....	3. 76 7. 52	1/2 cup cooked..... 1/4 cup cooked.....	26-3/4 13-1/2	1 lb. AP=0.86 lb. ready-to-cook.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>RHUBARB—Continued</b> Frozen.....	25-lb. can.....	97.00	1/2 cup cooked.....	1 can + 1 lb.	
		194.00	1/4 cup cooked.....	1/2 can + 1/2 lb.	
	2-1/2-lb. pkg.....	9.68	1/2 cup cooked.....	10-1/2	
		19.36	1/4 cup cooked.....	5-1/4	
	Pound.....	3.87	1/2 cup cooked.....	26	
		7.74	1/4 cup cooked.....	13	
<b>RUTABAGAS</b> Fresh.....	Pound.....	4.14	1/2 cup cooked cubed.....	24-1/4	1 lb. AP=0.85 lb. ready-to-cook.
		8.28	1/4 cup cooked cubed.....	12-1/4	
	Pound.....	2.93	1/2 cup cooked mashed....	34-1/4	
		5.86	1/4 cup cooked mashed....	17-1/4	
<b>SAUERKRAUT</b> Canned.....	No. 10 can.....	24.00	1/2 cup vegetable.....	4-1/4	
		48.00	1/4 cup vegetable.....	2-1/4	
	No. 2-1/2 can....	7.08	1/2 cup vegetable.....	14-1/4	
		14.16	1/4 cup vegetable.....	7-1/4	
	No. 303 can.....	4.06	1/2 cup vegetable.....	24-3/4	
		8.12	1/4 cup vegetable.....	12-1/2	
	Pound.....	3.98	1/2 cup vegetable.....	25-1/4	
<b>SPINACH</b> Fresh Untrimmed.....	Pound.....	12.60	1/2 cup raw pieces.....	8	1 lb. AP=0.74 lb. ready-to-cook or serve raw.
		25.20	1/4 cup raw pieces.....	4	
	Pound.....	8.40	1/2 cup for salad.....	12	
		16.80	1/4 cup for salad.....	6	
	Pound.....	3.05	1/2 cup cooked.....	33	1 lb. AP=0.92 lb. ready-to-cook or serve raw.
		6.10	1/4 cup cooked.....	16-1/2	
	Pound.....	15.66	1/2 cup raw pieces.....	6-1/2	
		31.32	1/4 cup raw pieces.....	3-1/4	
	Pound.....	10.33	1/2 cup for salad.....	9-3/4	
		20.66	1/4 cup for salad.....	5	
	Pound.....	3.91	1/2 cup cooked.....	25-3/4	
		7.82	1/4 cup cooked.....	13	
Canned.....	No. 10 can.....	15.00	1/2 cup vegetable.....	6-3/4	
		30.00	1/4 cup vegetable.....	3-1/2	
	No. 2-1/2 can....	4.88	1/2 cup vegetable.....	20-1/2	
		9.76	1/4 cup vegetable.....	10-1/4	
	No. 303 can.....	2.76	1/2 cup vegetable.....	36-1/4	
		5.52	1/4 cup vegetable.....	18-1/4	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>SPINACH—Continued</b> <b>Canned—Continued</b>					
	Pound .....	2. 52	1/2 cup vegetable .....	39-3/4	
<b>Frozen .....</b>	3-lb. pkg .....	11. 50 23. 00	1/2 cup cooked .....	8-3/4	
			1/4 cup cooked .....	4-1/2	
	Pound .....	3. 83 7. 66	1/2 cup cooked .....	26-1/4	
			1/4 cup cooked .....	13-1/4	
<b>SQUASH, SUMMER</b> <b>Fresh</b> <b>All varieties .....</b>	Pound .....	3. 57 7. 14	1/2 cup cooked diced .....	28-1/4	1 lb. AP=0.95 lb. ready-to-cook.
			1/4 cup cooked diced .....	14-1/4	
	Pound .....	3. 16 6. 32	1/2 cup cooked mashed .....	31-3/4	
			1/4 cup cooked mashed .....	16	
	Pound .....	4. 11 8. 22	1/2 cup cooked sliced .....	24-1/2	1 lb. AP=0.83 lb. cooked.
			1/4 cup cooked sliced .....	12-1/4	
<b>Frozen</b> <b>Sliced .....</b>	2-1/2-lb. pkg .....	10. 77 21. 54	1/2 cup cooked .....	9-1/2	
			1/4 cup cooked .....	4-3/4	
	Pound .....	4. 31 8. 62	1/2 cup cooked .....	23-1/4	
			1/4 cup cooked .....	11-3/4	
<b>SQUASH, WINTER</b> <b>Fresh</b> <b>Acorn .....</b>	1 squash (1/2 lb.) .....	2. 00	1/2 small squash baked in skin. (about 1/4 cup)	50	
	Pound .....	2. 01 4. 02	1/2 cup cooked .....	49-3/4	1 lb. AP=0.88 lb. ready-to-cook in skin.
			1/4 cup cooked .....	25	
<b>Hubbard, Butternut .....</b>	Pound .....	2. 37 4. 74	1/2 cup cooked cubed .....	42-1/4	1 lb. AP=0.66 lb. ready-to-cook.
			1/4 cup cooked cubed .....	21-1/4	
	Pound .....	2. 13 4. 26	1/2 cup cooked mashed .....	47	
			1/4 cup cooked mashed .....	23-1/2	
<b>Canned .....</b>	No. 10 can .....	24. 00 48. 00	1/2 cup vegetable .....	4-1/4	
			1/4 cup vegetable .....	2-1/4	
	No. 2-1/2 can .....	6. 76 13. 52	1/2 cup vegetable .....	15	
			1/4 cup vegetable .....	7-1/2	
	No. 300 can .....	3. 38 6. 76	1/2 cup vegetable .....	29-3/4	
			1/4 cup vegetable .....	15	
	Pound .....	3. 73	1/2 cup vegetable .....	27	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>SQUASH, WINTER—Continued</b>					
Frozen	2-1/2-lb. pkg.	8.58 17.16	1/2 cup cooked 1/4 cup cooked	11-3/4 6	
	Pound	3.43 6.86	1/2 cup cooked 1/4 cup cooked	29-1/4 14-3/4	
<b>STRAWBERRIES</b>					
Fresh	Quart (1-1/2 lb.)	8.35 16.70	1/2 cup raw whole 1/4 cup raw whole	12 6	1 qt. AP=4-1/4 cups (1.30 lb.) ready-to-serve raw.
	Pound	5.66 11.32	1/2 cup raw whole 1/4 cup raw whole	17-3/4 9	1 lb. AP=0.87 lb. ready-to-serve raw.
Canned	No. 10 can	25.00 50.00	1/2 cup fruit and juice 1/4 cup fruit and juice	4 2	
	No. 303 can	3.74 7.48	1/2 cup fruit and juice 1/4 cup fruit and juice	26-3/4 13-1/2	
	Pound	3.74	1/2 cup fruit and juice	26-3/4	
Frozen	30-lb. can	106.00 212.00	1/2 cup fruit and juice 1/4 cup fruit and juice	1 1/2	
	10-lb. can	35.32 70.64	1/2 cup fruit and juice 1/4 cup fruit and juice	3 1-1/2	
	6-1/2-lb. can	22.96 45.92	1/2 cup fruit and juice 1/4 cup fruit and juice	4-1/2 2-1/4	
	Pound	3.53 7.06	1/2 cup fruit and juice 1/4 cup fruit and juice	28-1/2 14-1/4	
<b>SUCCOTASH</b>					
Canned	No. 10 can	20.00 40.00	1/2 cup vegetable 1/4 cup vegetable	5 2-1/2	
	No. 303 can	2.98 5.96	1/2 cup vegetable 1/4 cup vegetable	33-3/4 17	
	Pound	2.98	1/2 cup vegetable	33-3/4	
Frozen	2-1/2-lb. pkg.	12.15 24.30	1/2 cup cooked 1/4 cup cooked	8-1/4 4-1/4	
	Pound	4.86 9.72	1/2 cup cooked 1/4 cup cooked	20-3/4 10-1/2	
<b>SWEETPOTATOES</b>					
Fresh	Pound	4.00	1/2 medium baked (about 1/3 cup vege- table)	25	1 lb. AP=0.66 lb. baked excl. skin.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>SWEETPOTATOES—Continued</b> Fresh—Continued					
	Pound .....	2. 89 5. 78	1/2 cup cooked mashed... 1/4 cup cooked mashed...	34-3/4 17-1/2	1 lb. AP=0.81 lb. cooked mashed.
	Pound .....	3. 25 6. 50	1/2 cup cooked sliced... 1/4 cup cooked sliced...	31 15-1/2	1 lb. AP=0.83 lb. cooked sliced.
<b>Canned</b> Sirup pack .....	No. 10 can .....	20. 00 40. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	5 2-1/2	
	No. 3 Vacuum...	4. 26 8. 52	1/2 cup vegetable..... 1/4 cup vegetable.....	23-1/2 11-3/4	
	No. 2 can .....	3. 98 7. 96	1/2 cup vegetable..... 1/4 cup vegetable.....	25-1/4 12-3/4	
	Pound .....	3. 21	1/2 cup vegetable.....	31-1/4	
<b>Dry pack</b> .....	No. 10 can .....	28. 00 56. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	3-3/4 2	
	No. 2-1/2 can...	8. 24 16. 48	1/2 cup vegetable..... 1/4 cup vegetable.....	12-1/4 6-1/4	
	Pound .....	4. 55	1/2 cup vegetable.....	22	
<b>Vacuum pack</b> .....	No. 3 Vacuum...	5. 11 10. 22	1/2 cup vegetable..... 1/4 cup vegetable.....	19-3/4 10	
	Pound .....	4. 56	1/2 cup vegetable.....	22	
<b>Frozen</b> .....	2-1/2-lb. pkg...	11. 14 22. 28	1/2 cup cooked..... 1/4 cup cooked.....	9 4-1/2	
	Pound .....	4. 45 8. 90	1/2 cup cooked..... 1/4 cup cooked.....	22-1/2 11-1/4	
<b>Dehydrated</b> Low moisture Flakes .....	Pound .....	10. 32 20. 64	1/2 cup reconstituted... 1/4 cup reconstituted...	9-3/4 5	1 lb. dry measures about 4 cups.
<b>TANGERINES</b> Fresh .....	Pound .....	4. 00	1 large tangerine..... (about 1/2 cup fruit and juice)	25	1 lb. AP=0.74 lb. ready-to-serve.
	Pound .....	3. 56 7. 12	1/2 cup sections..... 1/4 cup sections.....	28-1/4 14-1/4	
<b>TOMATOES</b> Fresh .....	Pound .....	4. 00	1 small tomato..... (about 1/2 cup)	25	1 lb. AP=0.91 lb. ready-to-serve raw.

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
TOMATOES—Continued Fresh—Continued	Pound.....	5. 06 10. 12	1/2 cup raw diced or sliced. 1/4 cup raw diced or sliced.	20 10	
Canned.....	No. 10 can.....	24. 00 48. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/4 2-1/4	
	No. 2-1/2 can....	6. 67 13. 34	1/2 cup vegetable..... 1/4 cup vegetable.....	15 7-1/2	
	No. 303 can.....	3. 81 7. 62	1/2 cup vegetable..... 1/4 cup vegetable.....	26-1/4 13-1/4	
	Pound.....	3. 81	1/2 cup vegetable.....	26-1/4	
TOMATO PASTE Canned.....	No. 10 can.....	96. 00 192. 00	1/2 cup reconstituted tomato juice. 1/4 cup reconstituted tomato juice.	----- -----	1 No. 10 can paste+ 3 cans water=48 cups tomato juice. 1 No. 10 can paste+ 1 can water=24 cups tomato puree.
	No. 2-1/2 can....	28. 00 56. 00	1/2 cup reconstituted tomato juice. 1/4 cup reconstituted tomato juice.	3-3/4 2	
	Pound.....	13. 83	1/2 cup reconstituted tomato juice.	7-1/4	
TOMATO PUREE Canned.....	No. 10 can.....	48. 00 96. 00	1/2 cup reconstituted tomato juice. 1/4 cup reconstituted tomato juice.	2 cans+ 1 cup 1 can+ 1/2 cup	1 No. 10 can puree+1 can water=24 cups tomato juice.
	No. 2 can.....	10. 00 20. 00	1/2 cup reconstituted tomato juice. 1/4 cup reconstituted tomato juice.	10 5	
	Pound.....	7. 38	1/2 cup reconstituted tomato juice.	13-3/4	
TURNIP GREENS Fresh Untrimmed.....	Pound.....	2. 12 4. 24	1/2 cup cooked..... 1/4 cup cooked.....	47-1/4 23-3/4	1 lb. AP=0.64 lb. ready-to-cook.
Canned.....	No. 10 can.....	15. 00 30. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	6-3/4 3-1/2	
	No. 2-1/2 can....	4. 75 9. 50	1/2 cup vegetable..... 1/4 cup vegetable.....	21-1/4 10-3/4	



# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>TURNIP GREENS—Continued</b> <b>Canned—Continued</b>					
	No. 303 can.....	2. 69 5. 38	1/2 cup vegetable..... 1/4 cup vegetable.....	37-1/4 18-3/4	
	Pound.....	2. 45	1/2 cup vegetable.....	41	
<b>Frozen</b> .....	3-lb. pkg.....	10. 61 21. 22	1/2 cup cooked..... 1/4 cup cooked.....	9-1/2 4-3/4	
	Pound.....	3. 54 7. 08	1/2 cup cooked..... 1/4 cup cooked.....	28-1/4 14-1/4	
<b>TURNIPS</b> <b>Fresh</b> .....	Pound.....	5. 45 10. 90	1/2 cup raw cubed or diced. 1/4 cup raw cubed or diced.	18-1/2 9-1/4	1 lb. AP=0.80 lb. ready-to-cook or serve raw.
	Pound.....	3. 50 7. 00	1/2 cup cooked cubed..... 1/4 cup cooked cubed.....	28-3/4 14-1/2	1 lb. AP=0.74 lb. cooked.
	Pound.....	2. 74 5. 48	1/2 cup cooked mashed... 1/4 cup cooked mashed...	36-1/2 18-1/4	
<b>VEGETABLES, MIXED</b> <b>Canned</b> .....	No. 10 can.....	23. 00 46. 00	1/2 cup vegetable..... 1/4 cup vegetable.....	4-1/2 2-1/4	
	No. 303 can.....	3. 51 7. 02	1/2 cup vegetable..... 1/4 cup vegetable.....	28-1/2 14-1/4	
	Pound.....	3. 51	1/2 cup vegetable.....	28-1/2	
<b>Frozen</b> .....	2-1/2 lb. pkg.....	11. 45 22. 90	1/2 cup cooked..... 1/4 cup cooked.....	8-3/4 4-1/2	
	Pound.....	4. 58 9. 16	1/2 cup cooked..... 1/4 cup cooked.....	22 11	
<b>WATERCRESS</b> <b>Fresh</b> .....	Pound.....	27. 77 55. 54	1/2 cup raw chopped..... 1/4 cup raw chopped.....	3-3/4 2	1 lb. AP=0.92 lb. ready-to-serve raw.
<b>WATERMELON</b> <b>Fresh</b> .....	Melon (7 lb.).....	16. 00	1/16 of a melon..... (about 1/2 cup fruit)	6-1/4	
	Pound.....	2. 60 5. 20	1/2 cup cubed..... 1/4 cup cubed.....	38-1/2 19-1/4	1 lb. AP=0.46 lb. ready-to-serve raw.



# VEGETABLES, FRUITS

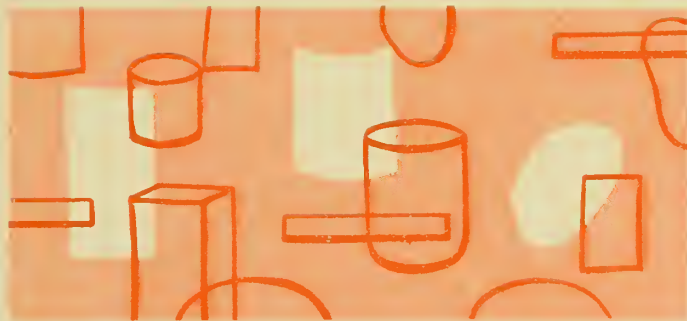
Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion	Purchase units for 100 servings	Additional yield information
(1)	(2)	(3)	(4)	(5)	(6)
<b>JUICES</b>					
<b>Canned</b> Single strength-----  Any vegetable or fruit (such as apple, apricot, grapefruit, lemon, orange, pineapple, to- mato, vegetable.)	No. 10 can----- (96 fl. oz.)	24. 00	1/2 cup juice-----	4-1/4	1 can=12 cups juice.
		48. 00	1/4 cup juice-----	2-1/4	
	No. 3 Cyl----- (46 fl. oz.)	11. 50	1/2 cup juice-----	8-3/4	
		23. 00	1/4 cup juice-----	4-1/2	
	No. 2 Cyl----- (23 fl. oz.)	5. 75	1/2 cup juice-----	17-1/2	
		11. 50	1/4 cup juice-----	8-3/4	
	No. 2 can----- (18 fl. oz.)	4. 50	1/2 cup juice-----	22-1/4	
		9. 00	1/4 cup juice-----	11-1/4	
<hr/>					
<b>Frozen</b> Concentrated----- (dilute 1 part juice with not more than 3 parts water)  Any fruit (such as grape, grapefruit, orange and grapefruit, pineapple, tangerine)	32-oz. can-----	32. 00	1/2 cup reconstituted juice.	3-1/4	1 can reconstituted =16 cups (128 fl. oz.).
		64. 00	1/4 cup reconstituted juice.	1-3/4	
	12-oz. can-----	12. 00	1/2 cup reconstituted juice.	8-1/2	1 can reconstituted =6 cups (48 fl. oz.).
		24. 00	1/4 cup reconstituted juice.	4-1/4	
	6-oz. can-----	6. 00	1/2 cup reconstituted juice.	16-3/4	1 can reconstituted =3 cups (24 fl. oz.).
		12. 00	1/4 cup reconstituted juice.	8-1/2	

# VEGETABLES, FRUITS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>SOUPS</b>					
<b>Canned</b>					
<b>Condensed*</b> (dilute 1 part soup with not more than 1 part water)					
● Clam chowder	No. 3 Cyl.----- (about 50 oz. undiluted)	11. 50	1 cup reconstituted----- (about 1/4 cup veg.)	8-3/4	1 can=5-3/4 cups undiluted.
● Minestrone					
● Tomato					
● Tomato with other basic components such as rice.	No. 1 Picnic----- (about 10 to 11 oz. undiluted)	2. 50	1 cup reconstituted----- (about 1/4 cup veg.)	40	1 can=1-1/4 cups undiluted.
● Vegetable (all vegetable)					
● Vegetable with other basic components such as meat or poultry.	Pound----- (16 oz. undiluted)	3. 68	1 cup reconstituted----- (about 1/4 cup veg.)	27-1/4	
<b>Ready-to-serve*</b>					
● Clam chowder	8-oz. can----- (1 cup)	1. 00	1 cup serving----- (about 1/4 cup veg.)	100	
● Minestrone					
● Tomato					
● Tomato with other basic components such as rice.	Pound----- (2 cups)	2. 00	1 cup serving----- (about 1/4 cup veg.)	50	
● Vegetable (all vegetable)					
● Vegetable with other basic components such as meat or poultry.					

\*The canned soups listed in Column 1 are usually available in the can sizes listed in Column 2.





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## Other Foods



## OTHER FOODS

The foods in this section are used in many ways in Type A lunches. Although these foods are not specified in the Type A pattern, they are customarily used to help round out the lunch, improve acceptability and satisfy children's appetites.

Many of these foods supply extra calories in the lunch which help to meet the energy needs of growing boys and girls. Some of these foods also contribute varying amounts of nutrients such as protein, vitamins and minerals essential for good nutrition. Thus, *other foods* help to meet the nutritional goal of the Type A lunch which provides at least one third of the daily dietary allowances recommended by the National Research Council for 10- to 12-year old children.

The cornmeal, rice, and white flour donated to schools under the National School Lunch Act are enriched with vitamins and minerals in compliance with the regulations promulgated under the Federal Food, Drug, and Cosmetic Act. When these foods and other cereal products such as macaroni, noodles and spaghetti are purchased by schools they should also be in the enriched form so they will contribute additional vitamins and minerals essential for good nutrition.

Foods other than those listed in this section are often used in Type A lunches. However, only the foods for which yield information is needed in planning and preparing lunches are included.

*Special Purchase and Market Pack in Column 1 Are Defined as:*

- Special purchase—applies only to USDA-donated foods not normally available on the market.
- Market pack—refers to foods that are available on the market. In this section, the term is used to distinguish regular market nonfat dry milk crystals from special purchase nonfat dry milk powder.

# OTHER FOODS

Food as purchased	Purchase unit	Servings per purchase unit	Serving size or portion	Purchase units for 100 servings	Additional yield information
(1)	(2)	(3)	(4)	(5)	(6)
<i>CATSUP, CHILI SAUCE</i>					
CATSUP, TOMATO-----	No. 10 can-----	96. 00	2 tablespoons-----	1 can+ 1/2 cup	1 can=12 cups catsup.
	14-oz. glass bottle.	12. 11	2 tablespoons-----	8-1/2	
	Pound-----	3. 46	1/2 cup -----	29	
CHILI SAUCE-----	No. 10 can-----	96. 00	2 tablespoons-----	1 can+ 1/2 cup	1 can=12 cups chili sauce.
	12-oz. glass bottle.	10. 97	2 tablespoons-----	9-1/4	
	Pound-----	3. 66	1/2 cup -----	27-1/2	
<i>CRACKERS</i>					
GRAHAM-----	Pound-----	30. 00	2 crackers (2-1/2 inches square)	3-1/2	
SALTINES-----	Pound-----	28. 00	4 crackers (2 inches square)	3-3/4	
SODA-----	Pound-----	41. 00	2 crackers (2-1/2 inches square)	2-1/2	
<i>CEREAL PRODUCTS</i>					
BULGUR, CRACKED WHEAT (special purchase)	Pound-----	16. 00	1/2 cup cooked-----	6-1/4	1 lb. dry measures 2-2/3 cups.
CORNMEAL-----	Pound-----	23. 00	1/2 cup cooked-----	4-1/2	1 lb. dry measures 3 cups.
GRITS, CORN-----	Pound-----	24. 65	1/2 cup cooked-----	4-1/4	1 lb. dry measures 2-3/4 cups.
MACARONI-----	Pound-----	18. 00	1/2 cup cooked-----	5-3/4	1 lb. dry measures 3-3/4 cups.
NOODLES-----	Pound-----	16. 00	1/2 cup cooked-----	6-1/4	1 lb. dry measures 7-1/4 cups.
RICE-----	Pound-----	16. 90	1/2 cup cooked-----	6	1 lb. dry measures 2-2/3 cups.
ROLLED OATS-----	Pound-----	22. 96	1/2 cup cooked-----	4-1/2	1 lb. dry measures 5 cups.
ROLLED WHEAT (special purchase)	Pound-----	13. 33	1/2 cup cooked-----	7-1/2	1 lb. dry measures 5-1/4 cups.
SPAGHETTI-----	Pound-----	18. 18	1/2 cup cooked-----	5-1/2	1 lb. dry measures 6 cups.

# OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>DAIRY PRODUCTS</b>					
<b>CREAM</b>					
Light -----	Quart -----	32.00	2 tablespoons -----	3-1/4	Volume doubles when whipped.
Heavy -----	Quart -----	100.00	1-1/4 tablespoons whipped.	1	
<b>CREAM CHEESE</b> -----	Pound -----	16.00	2 tablespoons -----	6-1/4	
<b>ICE CREAM</b>					
Brick -----	Quart -----	8.00	1 slice ----- (1/2 cup)	12-1/2	
Bulk -----	Gallon -----	25.00	1/3 cup serving ----- (No. 12 scoop)	4	
Container Individual -----	3-ounce cup -----	1.00	1 container -----	100	
<b>MILK</b>					
Dry					
Whole -----	Pound -----	14.22	1 cup reconstituted -----	7	1 lb. dry measures 3-1/2 cups. 1 cup (4-1/2 oz.) dry + 3-1/2 cups water = 1 qt. fluid whole milk.
Nonfat Powder ----- (special purchase)	Pound -----	17.06	1 cup reconstituted -----	6	1 lb. dry measures 3-1/4 cups. 3/4 cup (3-3/4 oz.) dry + 3-3/4 cups water = 1 qt. fluid skim milk.
Crystals ----- (market pack)	Pound -----	17.06	1 cup reconstituted -----	6	1 lb. dry measures 6-1/2 cups. 1-1/2 cups (3-3/4 oz.) dry + 3-3/4 cups water = 1 qt. fluid skim milk.
Evaporated -----	No. 10 can ----- (8 lb.)	28.00	1 cup reconstituted -----	3-3/4	1 can = about 14 cups undiluted. Dilute 1 part milk with 1 part water.
	Tall can ----- (14-1/2 oz.)	3.33	1 cup reconstituted -----	30	1 can = 1-2/3 cups undiluted.
	Pound -----	3.50	1 cup reconstituted -----	28-3/4	
<b>NUTS, PEANUTS, COCONUT</b>					
<b>NUTS, SHELLLED</b>					
Almonds -----	Pound -----	7.24	1/2 cup nutmeats -----	14	1 lb. nutmeats measures 3-2/3 cups. 1 lb. in shell = 0.51 lb. (about 2 cups) nutmeats.

# OTHER FOODS

Food as purchased (1)	Purchase unit (2)	Servings per purchase unit (3)	Serving size or portion (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<b>NUTS, PEANUTS, COCONUT</b> —Continued					
<b>NUTS, SHELLED—Continued</b>					
Brazil Nuts.....	Pound.....	6.48	1/2 cup nutmeats.....	15-1/2	1 lb. nutmeats measures 3-1/4 cups. 1 lb. in shell= 0.48 lb. (1-1/2 cups) nutmeats.
Cashews Roasted.....	Pound.....	6.72	1/2 cup nutmeats.....	15	1 lb. nutmeats measures 3-1/3 cups.
Filberts.....	Pound.....	7.02	1/2 cup nutmeats.....	14-1/4	1 lb. nutmeats measures 3-1/2 cups. 1 lb. in shell= 0.39 lb. (1-1/3 cups) nutmeats.
Pecans.....	Pound.....	7.69	1/2 cup nutmeats.....	13	1 lb. nutmeats measures about 4 cups. 1 lb. in shell= 0.53 lb. (2 cups) nutmeats.
Walnuts, Black.....	Pound.....	6.90	1/2 cup nutmeats.....	14-1/2	1 lb. nutmeats measures 3-1/2 cups. 1 lb. in shell= 0.22 lb. (3/4 cup) nutmeats.
Walnuts, English.....	Pound.....	7.77	1/2 cup nutmeats.....	13	1 lb. nutmeats measures about 4 cups. 1 lb. in shell= 0.45 lb. (1-3/4 cups) nutmeats.
<b>PEANUTS, SHELLED</b> Roasted.....	Pound.....	6.53	1/2 cup nutmeats.....	15-1/2	1 lb. nutmeats measures 3-1/4 cups. 1 lb. in shell= 0.68 lb. (2-1/4 cups) nutmeats.
<b>COCONUT</b>					
Fresh (in shell).....	Pound.....	4.87 9.74	1/2 cup grated..... 1/4 cup grated.....	20-3/4 10-1/2	1 lb. AP=0.52 lb. ready-to-serve.
Dried.....	Pound.....	14.68 29.36	1/2 cup shredded..... 1/4 cup shredded.....	7 3-1/2	



## OTHER FOODS

Food as purchased  (1)	Purchase unit  (2)	Servings per purchase unit (3)	Serving size or portion  (4)	Purchase units for 100 servings (5)	Additional yield information (6)
<i>PRESERVES AND SIRUPS</i>					
HONEY, STRAINED.....	Pound.....	10. 66	2 tablespoons.....	9-1/4	1 lb. measures 1-1/3 cups.
JAMS, JELLIES, PRE- SERVES.	No. 10 can.....	192. 00	1 tablespoon.....		
SIRUPS Cane, maple, molasses.....	Gallon.....	128. 00	2 tablespoons.....		
<i>SALAD DRESSING</i>					
COOKED.....	Quart.....	64. 00	1 tablespoon.....	1-3/4	
FRENCH.....	Quart.....	64. 00	1 tablespoon.....	1-3/4	
MAYONNAISE.....	Quart.....	64. 00	1 tablespoon.....	1-3/4	
<i>YEAST</i>					
ACTIVE DRY.....	Pound.....		As needed.....		1 lb. measures 3 cups.
	8 packages (2.24 oz.).....		As needed.....		8 packages measure 1/2 cup.
	1 package (0.28 oz.).....		As needed.....		1 package measures 1 tablespoon.
COMPRESSED.....	Pound.....		As needed.....		1 lb. measures 2 cups.
	8 cakes (4.80 oz.).....		As needed.....		8 cakes measure 2/3 cup.
	1 cake (0.60 oz.).....		As needed.....		1 cake measures 4 teaspoons packed.

# INDEX OF FOODS

A		Page			Page
Apples—fresh, canned, frozen, dehydrated .....		35	Cantaloup—fresh.....		42
Applesauce—canned, dehydrated.....		35	Carrots—fresh, canned, frozen.....		42
Apricots—fresh, canned, frozen, dehydrated.....		36	Catsup, Tomato .....		69
Asparagus—fresh, canned, frozen .....		36	Cauliflower—fresh, frozen .....		42
Avocados—fresh .....		37	Celery—fresh .....		43
B			Chard—fresh.....		43
Bananas—fresh .....		37	Cheese .....		15
Beans, Dry.....		16	Cheese Products.....		15
Beans, Dry Canned.....		16	Cherries—fresh, canned, frozen .....		43
Beans, Green or Wax—fresh, canned, frozen.....		37	Chicken—		
Beans, Lima—fresh, canned green, frozen.....		38	Canned.....		26
Bean Soups—canned .....		16	Fresh .....		25
Bean Sprouts—canned.....		38	Frozen .....		25
Beef—			Chicken Products—		
Canned.....		19	Canned.....		26
Dried.....		19	Frozen .....		26
Fresh.....		18	Chili Sauce—canned .....		69
Frozen.....		19	Chop Suey Vegetables—canned .....		44
Beet Greens—fresh .....		38	Coconut—fresh, dried .....		71
Beets—fresh, canned .....		39	Collards—fresh, canned, frozen.....		44
Blackberries—fresh, canned, frozen .....		39	Corn—fresh, canned, frozen .....		44
Blackeye Peas—fresh, canned, frozen.....		40	Cornmeal .....		69
Blueberries—fresh, canned, frozen .....		40	Crackers.....		69
Boysenberries—canned.....		40	Cranberries—fresh.....		45
Breads.....		11	Cranberry Sauce—canned.....		45
Broccoli—fresh, frozen.....		41	Cream.....		70
Brussels Sprouts—fresh, frozen.....		41	Cream cheese .....		70
Bulgur, Cracked Wheat.....		69	Cucumbers—fresh .....		45
Butter .....		12	D		
C			Dates—dehydrated.....		45
Cabbage—fresh.....		41	E		
Cabbage, Chinese—fresh .....		41	Eggplant—fresh .....		45

# INDEX OF FOODS—Con.

	Page		Page
Eggs—fresh, frozen, dried.....	17	Margarine.....	12
Endive, Chicory, Escarole—fresh.....	45	Meat Food Products—	
<i>F</i>		Canned.....	24
Figs—fresh, canned.....	46	Frozen.....	24
Fish—		Milk—	
Canned.....	29	Dry.....	70
Dried.....	30	Evaporated.....	70
Fresh.....	29	Fluid whole.....	12
Frozen.....	29	Mushrooms—fresh, canned.....	48
Fruit Cocktail—canned, dehydrated.....	46	Mustard Greens—fresh, canned, frozen.....	49
Fruit for Salad—canned.....	46	<i>N</i>	
<i>G</i>		Nectarines—fresh.....	49
Grapefruit—fresh.....	46	Noodles.....	69
Grapefruit Sections—canned, frozen.....	47	Nuts, Shelled.....	70
Grapes—fresh.....	47	<i>O</i>	
Grits, Hominy.....	69	Okra—fresh, canned, frozen.....	49
<i>H</i>		Okra with Tomatoes—canned.....	49
Honeydew Melon—fresh.....	47	Olives—canned.....	50
<i>I</i>		Onions, Green—fresh.....	50
Ice Cream.....	70	Onions, Mature—fresh, dehydrated.....	50
<i>J</i>		Oranges—fresh, canned.....	50
Juices—canned, frozen.....	64	<i>P</i>	
<i>K</i>		Parsley—fresh.....	51
Kale—fresh, canned, frozen.....	47	Parsnips—fresh.....	51
Kohlrabi—fresh.....	48	Peaches—fresh, canned, frozen, dehydrated.....	51
<i>L</i>		Peanut Butter.....	32
Lamb—		Peanuts, Shelled.....	71
Fresh.....	19	Pears—fresh, canned.....	52
Frozen.....	20	Peas and Carrots—canned, frozen.....	53
Lemons—fresh.....	48	Peas, Dry.....	16
Lettuce, Head—fresh.....	48	Peas, Green—fresh, canned, frozen.....	53
Lettuce, Leaf—fresh.....	48	Pea Soups—canned.....	16
Lettuce, Romaine—fresh.....	48	Peppers, Green—fresh, frozen.....	53
Limes—fresh.....	48	Pimientos—canned.....	54
Luncheon Meats.....	22	Pineapple—fresh, canned, frozen.....	54
<i>M</i>		Plums—fresh, canned.....	55
Macaroni.....	69		
Mangoes—fresh.....	48		

# INDEX OF FOODS—Con.

	Page		Page
Pork—		Spinach—fresh, canned, frozen.....	58
Canned.....	22	Squash, Summer—fresh, frozen.....	59
Cured.....	20	Squash, Winter—fresh, canned, frozen.....	59
Fresh.....	21	Strawberries—fresh, canned, frozen.....	60
Frozen.....	22	Succotash—canned, frozen.....	60
Potatoes—fresh, canned, dehydrated.....	55	Sweetpotatoes—fresh, canned, frozen, dehydrated.....	60
Preserves.....	72		
Prunes—canned, dehydrated.....	56	<i>T</i>	
Pumpkin—fresh, canned.....	56	Tangerines—fresh.....	61
		Tomatoes—fresh, canned.....	61
<i>R</i>		Tomato Paste—canned.....	62
Radishes—fresh.....	57	Tomato Puree—canned.....	62
Raisins—dehydrated.....	57	Turkey—	
Raspberries—fresh, canned, frozen.....	57	Canned.....	28
Rhubarb—fresh, frozen.....	57	Fresh.....	27
Rice.....	69	Frozen.....	27
Rolled Oats.....	69	Turkey Products—	
Rolled Wheat.....	69	Canned.....	28
Rolls.....	12	Frozen.....	28
Rutabagas—fresh.....	58	Turnip Greens—fresh, canned, frozen.....	62
		Turnips—fresh.....	63
<i>S</i>			
Salad Dressing.....	72	<i>V</i>	
Sauerkraut—canned.....	58	Variety Meats.....	22
Shellfish—		Variety Meats—canned.....	23
Canned.....	31	Veal—fresh.....	23
Fresh.....	30	Vegetables, Mixed—canned, frozen.....	63
Frozen.....	30		
Sirups.....	72	<i>W</i>	
Soups (with vegetable credit), canned.....	65	Watercress—fresh.....	63
Spaghetti.....	69	Watermelon—fresh.....	63
		<i>Y</i>	
		Yeast.....	72







